Associate Degree Programme

in Physical Education

Foundation Course-I-II-III
Specialization 3rd Semester

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ADP in Physical Education

Foundation Course-I

(Specialization) 3rd Semester

Philosophical Basis of Physical Education (Theory)

COURSE CONTENTS

Week(s)	Contents
Week# 1, 2	**INTRODUCTION** a. Historical background of Physical Education b. Definition and scope of Physical Education c. Aims and objectives of Physical Education
Week# 3, 4, 5	**PHILOSOPY AND PHYSICAL EDUCATION** a. Definition b. Components of Philosophy c. Relationship of Physical Education with Idealism, Realism, Pragmatism
Week# 6, 7, 8	**PHYSICAL EDUCATION AS DISCIPLINE** a. Physical Education as an academic discipline b. Physical Education and Islam c. Physical Education as a profession
Week# 9	**Mid Term**
Week# 10, 11	**SCIENTIFIC FOUNDATION OF PHYSICAL EDUCATION** a. Biological Interpretation of Physical Education b. Psychological Interpretation of Physical Education c. Sociological Interpretation of Physical Education
Week# 12, 13, 14	**PHYSICAL EDUCATION AND RECREATION** a. Definition of Recreation b. Types of Recreation c. Principles of Leisure d. Outdoor pursuits
Week# 15, 16, 17	**LEADERSHIP IN PHYSICAL EDUCATION** a. Definition and kinds of leadership b. Selection criteria of leader c. Qualities of a good leader d. Challenges in Physical Education Profession
Week# 18	**Final Term**

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ADP in Physical Education

Foundation Course-II (Specialization) 3rd Semester

Science of Track and Field (Theory)

COURSE CONTENTS

Week(s)	Contents
Week# 1, 2	**HISTORY OF ANCIENT OLYMPIC GAMES WITH SPECIAL REFERENCE TO TRACK & FIELD** a. Brief History b. Rules of participation c. Program of activities
Week# 3, 4, 5	**MODERN OLYMPIC GAMES WITH SPECIAL REFERENCE TO TRACK & FIELD** a. Brief History b. Rules of participation c. Program of activities
Week# 6, 7, 8	**LAYING OUT STANDARD TRACK CONDUCT OF TRACK AND FIELD EVENTS** a. Preparation of Track and Field competition program (Board, University, Province, National) b. Formation of Committees for Track and Field Competition
Week# 9	**Mid Term**
Week# 10	**OFFICIALS AND THEIR DUTIES IN TRACK AND FIELD EVENTS**
Week# 11, 12	**RULES AND TECHNIQUES OF TRACK EVENTS**
Week# 13, 14	**RULES AND TECHNIQUES OF FIELD EVENTS**
Week# 15	**RULES OF CROSS COUNTRY**
Week# 16	**RULES OF WALK-RACE**
Week# 17	**DECATHLON, AND PENTATHLON**
Week# 18	**Final Term**

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ADP in Physical Education

Foundation Course-III (Specialization) 3rd Semester

Major Games Practical-I (Volleyball & Basketball)

COURSE CONTENTS

Week(s)	Contents
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Week# 4, 5, 6	**VOLLEYBALL (Coaching)** a. Fitness b. Coordination c. Skill Work d. Foot-Work
Week# 7, 8	**VOLLEYBALL (Officiating)** a. Umpiring b. Line Judging c. Marking d. Scoring
Week# 9	**Mid Term**
Week# 10, 11, 12	**BASKETBALL (Coaching)** a. Fitness b. Coordination c. Skill Work d. Foot-Work
Week# 13, 14	**BASKETBALL (Officiating)** a. Umpiring b. Line Judging c. Marking d. Scoring
Week# 15	**Final Term**

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Introduction

'A sound mind is in a sound body in a sound environment.' Every person must possess a healthy mind: to have a healthy mind one must have a healthy physique. Healthy persons could alone make a healthy society.

Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation, and the world too. Therefore, an educational system encompassing the mental, emotional, social, and physical dimensions of health becomes necessary to bring about all around development in children which, in turn, would cover way for the development of healthy society.

Historical Background of Physical Education

The 1800s were an important time for the inclusion of physical education in schools across America. The Round Hill School, a private school established in 1823 in Northampton, Massachusetts, was the first to include physical education as an integral part of the curriculum.

Furthermore, the history of physical education dates back to ancient Greece, where competition and intensity were second nature. During this time, physical education proved to be important because it was a necessity in training both Greek soldiers and athletes. For children, physical education and training would begin when they were around seven years old, with the goal being to eventually have them be well-skilled in activities like boxing, chariot races, and more. For this to happen, they needed to understand their body and what went into physical activity, thus physical education played a large role in the progression of the Greek society.

Inventor of Physical Education

In 1386 B.C., P.E. began in ancient Greece. Plato is the one who invented physical education, hosting classes at his school titled Academia. He understood the importance of teaching children about physical fitness, and students began learning it at age seven.

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John F. Kennedy's Push for Fitness in America

One of the biggest advocates for physical fitness and education in America was John F. Kennedy, who made his voice heard on the subject even before he was elected to office as the 35th president of the United States.

One of Kennedy's biggest goals was to improve the level of physical fitness across the country. During his time as president, he also ordered the creation of a White House Committee on Health and Fitness, which incorporated an annual Youth Fitness Congress, including governors from each of the states. By including the federal government in this movement, President Kennedy not only showed that he himself cared about physical fitness across the United States but that the American people should have a vested interest, too.

How It Began

The brief history of physical education would start in just about 1820 when focused on gymnastics, hygiene training and care and development of the human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field, and football.

Physical Education in College

College athletics received a major stimulus when a National Collegiate Athletic Association was created in the early twentieth centuries. There was a rise in popularity of sports within colleges and universities and funding greatly increased. Colleges took great pride in their athletic programs and sports became a norm.

Understanding the Importance of Physical Education

Physical education is beneficial for both the bodies and minds of students. By being more active, students will also benefit by being able to better avoid injury, they will have more confidence, and they can see improved mental health. It's important to educate students on the benefits of playground and in-school physical activity and instruct them on issues related to the human body and other health-related issues to give them a better understanding of how their body works.

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Today, through physical education, children and young adults are able to participate in activities such as exercise, team and individual sports, gymnastics, dance, and much more.

Importance of Physical Education

1. Physical education develops the alertness of mind.
2. Physical education provides knowledge about health and its hazards and communicable and non-communicable diseases.
3. Through physical activities leisure time can be utilized properly.
4. Through physical education human body can be developed in good proportion. The physical beauty also improves.
5. A good sports man is a good citizen He knows how to adjust with others.
6. Physical education helps in developing and maintaining of good relations among humans' beings.
7. Physical education develops social traits, like cooperation, sympathy, loyalty, fraternity, courtesy, and other traits of leadership.
8. Aggressiveness can be eliminated through physical activities. By participating physical activities, we can overcome stress tension and sensitiveness.
9. Physical education helps in creating discipline through games and sports.
10. Physical education provides a number of opportunities to enhance the power of tolerance.
11. Physical education enhances all the essential traits required for development of the personality.
12. Physical education leads to happiness efficiency and character building.
13. Physical education helps the people to become fit to develop their spiritual and more forces. It increases the scope of human abilities and enriches the life of the individual and that of the society as a whole.

Definitions of Physical Education

1. **According to J.B. Nash**; "Physical Education is that field of education which deals with big muscle activities and their related responses."

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2. **According to J, P. Thomas** ''Physical Education is education through physical activities to the development of total personality of the child and its fulfillment and perfection in body mind and spirit".
3. Physical education is the sum of the man's physical activitles selected as to kind and conducted as to outcomes (J, F. Williams & C, L. Brownell).
4. **According to Charles A Butcher,**

Physical education
is an integral part
of the total educational process
and has as its aims the development of
physically
mentally
socially &
emotionally fit citizens
through the medium of physical activities that
have been selected and planned
to achieve specific outcomes.

Scope of Physical Education

A career in physical education can lead you to a wide range of career options; from being a part of the chosen sport, health clubs, sports good manufacturer, marketing, commentator, sports journalism, trainer, and many other similar options.

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Physical Education Career Scope, Eligibility and Job Prospe

We live in an era where people have realized the importan of sports and fitness. This field is expanding exponentially ea passing day. You can today shape your future in the field by stickin around with physical fitness and pursuing your career in Physic Education. A career in physical education can lead you to a wi range of career options: such as:

Career Examples

i. Physical Therapist
ii. Athletic Trainer
iii. Physical Education Teacher/ Health Educator
iv. Fitness Specialist- Personal Trainer, Fitness Director
v. Athletic Coach
vi. Sports Managemen

Aims of Physical Education

1. The aim of Physical Education is the same as that of gener education because physical education is a part of gener education.
2. The primary aim of physical education is not to develop st athletes winning teams or expert performance but a nation vitality with character values and physical fitness.
3. The aim of physical education must be to make every chi physically, mentally, and emotionally fit
4. The aim of physical education is to develop in him suc personal and social qualities as will help him to live happil with others and build him up as a good citizen.

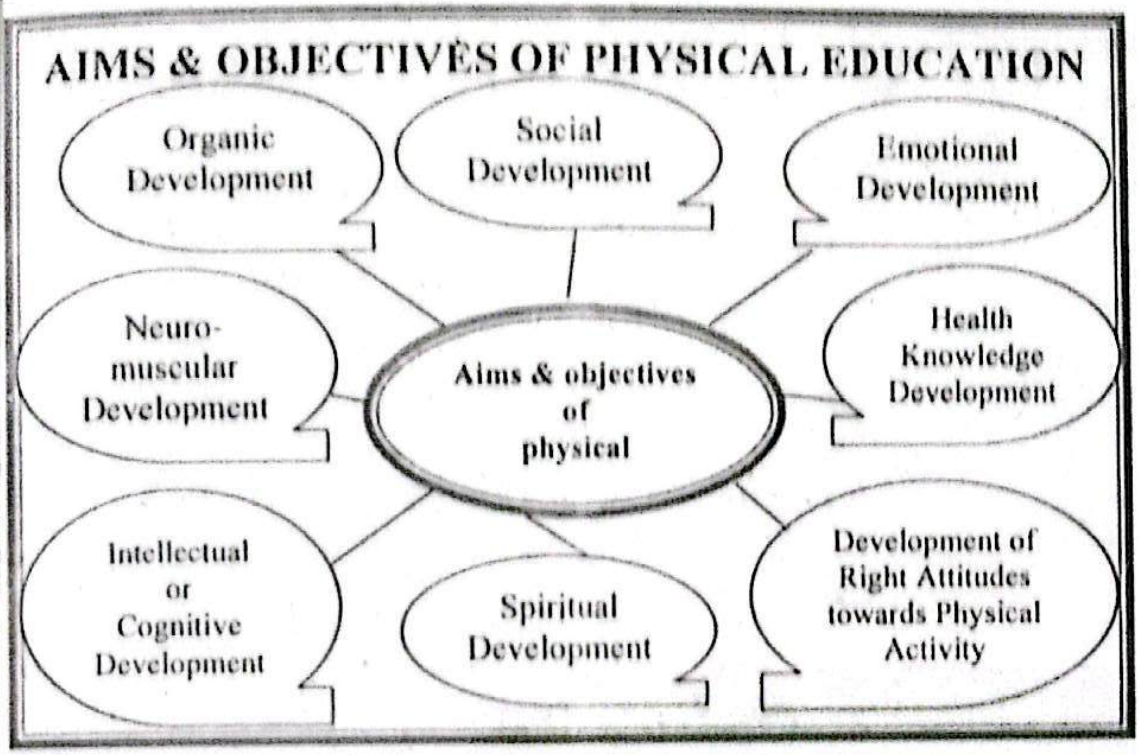
Butcher Listed the Aims of Physical Education as Follows:

(i) Physical development
(ii) Mental balance
(iii) Emotional adjustment
(iv) Manual training
(v) Social adaptability

Aims and objectives of physical education

1. Organic Development
2. Neuro-muscular Development
3. Intellectual or Cognitive Development
4. Social Development
5. Emotional Development
6. Health Knowledge Development

7. Development of Right Attitudes towards Physical Activity
8. Spiritual Development



Organic Development

a) Foremost objective & related with physical development.
b) Development of organ systems such as circulatory system, nervous system, muscular system, digestive system etc.
c) Development in size, shape and efficiency of organic system are performed.
d) During physical activities, the body demands more and more from various systems and organs, which in turn have to function optimally to cope with the stress of activity.

Neuro-Muscular Development

a) Concern with better co-ordination between nervous system and muscular system.
b) Good neuro-muscular co-ordination helps to keep off fatigue during vigorous activities.
c) Improves working with various equipment and tools.
d) Also known as psycho motor development or co- ordination development.

Intellectual or Cognitive Development

a) Participants are required to follow the rules and regulations a specific sport and apply these rules according to t situation in that sport.

b) Participants learns the values of these activities and carry over for lifetime.

c) Research have proved that good sports person has higher IQ

Social Development

- Related to development of social traits, essential for better adjustment in life.
- Everyone needs leadership qualities.
- Players come closer to each other inspite of different culture, place etc.
- Better source of attaining qualities like fairplay, cooperation, sympathy, sportsmanship, courtesy.

Social Development

a) Physical Education provides ample opportunities to its participants to interact with other individual and groups.

b) This gives wholesome experience to learn social norms.

c) Individual develops social qualities & social habits.

d) Values of competition and co-operation are also inculcated.

Emotional Development

a) Physical education aims at emotional stability which helps in facing any type of situation.

b) Competitions are an indispensable part and are characterized by success and failure.

c) Physical education teaches to accept success and failure gracefully, which are also helpful throughout the lifetime.

Emotional Development

- Emotions are vital for every individual but excess are always bad.
- One of the major objective responsible for developing/controlling various emotions like fear, pleasure, hope, wonder, anger etc.
- By participating in various physical education programmes an individual starts having control over his/her emotions.

Health Knowledge Development

a) Health knowledge is a part and parcel of P.E. Programme.

b) School health education programme includes not only principles and important rules of health education but also information regarding healthy living and community health.

c) It also speaks of health hazards in society like alcohol, smoking, drug addiction etc. This knowledge builds a healthy and positive lifestyle and society.

Spiritual Development

a) By participating in physical activities and solving several tasks in the playfield, one develops self-confidence and self-control.

b) This self-control leads to moral and character development together with spiritual development.

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Short Questions

Write Down the Answers to these Shorts Questions.

Q. 1: What is the meaning of physical education?
Q. 2: Write a brief note on the history of physical education?
Q. 3: When did the history of physical education started?
Q. 4: Write down the definition of physical education by J, Thomas?
Q. 5: What is the definition of physical education according to th Williams and Brownell?
Q. 6: After getting the schooling of physical education how you ca contribute to the society write any three career examples?
Q. 7: Write down the aims of physical education explained by M Butcher?
Q. 8: What is difference between organic development and Neur muscular development?
Q. 9: Explain social and emotional development?
Q. 10: Write a note on intellectual or cognitive development?

Multiple Choice Questions

Choose the Correct Answers.

1. A sound mind is in a sound ----------
   (a) Body ✓ (b) Health
   (c) Society (d) Environment
2. To have a healthy mind a person must have a healthy ---------
   (a) Society **(b) Physique ✓**
   (c) Body (d) Environment
3. When did the history of physical education start? --------
   (a) 1700s (b) 1823s
   (c) 1800s ✓ (d) 1970s
4. Who invented physical education----------
   (a) Thomas (b) Butcher
   (c) Aristotle **(d) Plato ✓**

5. The history of physical education dates back to---------
   (a) Ancient Greece ✓ (b) Ancient German
   (c) Ancient Iran (d) Ancient turkey

6. Physical education provides knowledge about health along with communicable and diseases.
   (a) Bacterial (b) Genetic
   (c) Non-Communicable ✓ (d) Bacterial

7. Neuro-Muscular Development is considered important for co-ordination between nervous system and----------
   (a) Psychological system (b) Behavioral system
   (c) Muscular system ✓ (d) Cognitive system

8. After getting knowledge of physical education a person can work as a----------
   (a) Health Educator (b) Fitness Director
   (c) Physical Therapist (d) **All of these ✓**

9. A sports man attains qualities such as fair play, co-operation, sympathy, sportsmanship, and courtesy through----------
   (a) Social Development ✓
   (b) Spiritual Development
   (c) Educational Development
   (d) Intellectual Development

10. The best IQ level of a good sportsman depends on ----------
   (a) Organic development
   (b) Cognitive/ intellectual development ✓
   (c) Cognitive development
   (d) Muscular development

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Philosophy and Physical Education

It is important to understand how philosophy and physical education are interrelated. In order to become the most effective teacher, you must understand your own beliefs, while at the same time empathizing with others. You have to examine how these schools of thought can help you define your personal educational philosophy. Developing your own educational philosophy is a key part of your journey to becoming a teacher.

Definition:

The term philosophy has been derived from two Greek words. The first word, philos, means "love." The second, Sophia, means "wisdom." Literally, philosophy means "love of wisdom" (Power, 1982).

Moreover, philosophy means love for knowledge or passion for learning.

For instance, Philosophy is a set of ideals, standards or beliefs used to describe behavior and thought. An example of philosophy is Buddhism. The study of the nature, causes, or principles of reality, knowledge, or values, based on logical reasoning.

Definitions of philosophy according to different philosophers

1. According to Karl Marks - "Philosophy is the interpretation of the world in order to change it".
2. According to Hegel - "Philosophy is that which grasps its won era in thought."

The definition of philosophy according to Plato

For Plato, philosophy is "a process of constant questioning, and questioning necessarily takes the form of dialogue".

The definition of philosophy according to Socrates

Philosophy is "an academic subject that exercises reason and logic in an attempt to understand reality and answer fundamental questions about knowledge, life, morality, virtue, and human nature".

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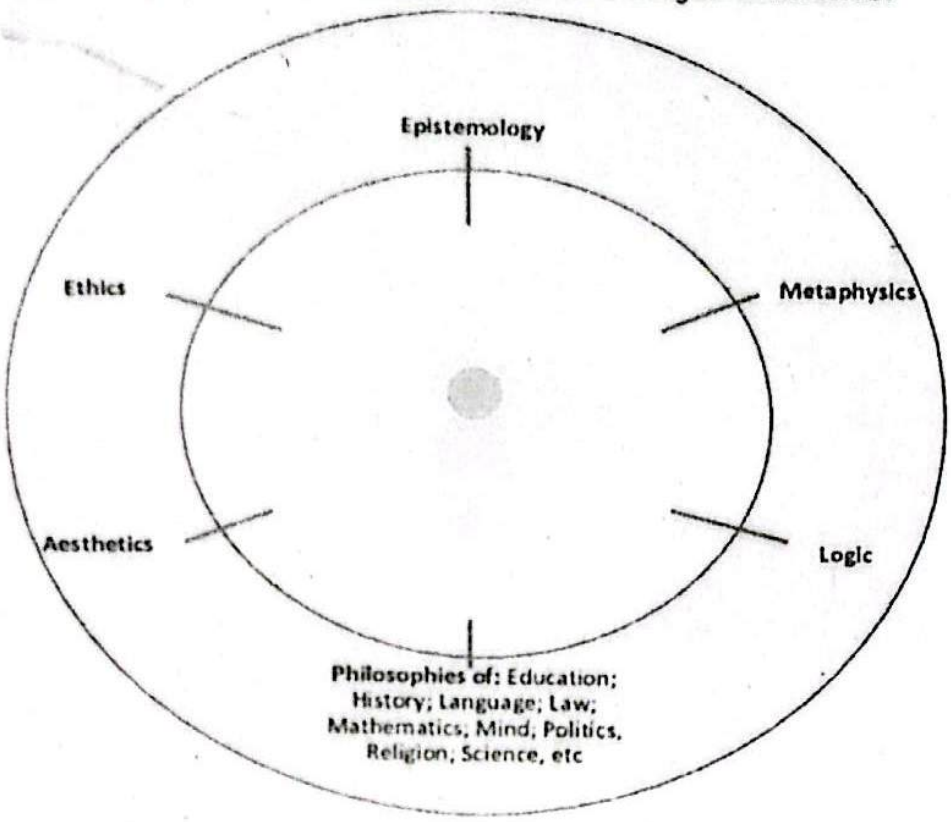
Components of Philosophy

Philosophy is often divided into five major branches:



Metaphysics

Metaphysics considers questions about the physical universe and the nature of ultimate reality.

Epistemology

Epistemology examines how people come to learn what they know.

Logic

Logic pursues the organization of the reasoning process. Logic can be divided into two main components: deductive reasoning, which takes general principles and relates them to a specific case; and inductive reasoning, which builds up an argument based on specific examples.

Aesthetics

The branch of philosophy which deals with questions of beauty and artistic taste moreover, a set of principles concerned with the nature and appreciation of beauty.

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Ethics

The branch of knowledge that deals with moral principles th govern a person's behaviour or the conducting of an activity.

Philosophical Perspectives of Physical Education

Philosophy of education is the study of key philosophical ide that have influenced educational thought and developments in t world. This introduces philosophical perspectives on education by

Idealism **Realism**

Pragmatism **Naturalism**

Postmodernism

Idealism

The educational philosophy of Idealism is one of the olde educational philosophies, which was started by Socrates and Plato ancient Greece. Idealism teaches that ideas are the only true reali and that truth and values are absolute and universal.

Idealists argue that the aim of education is to develop t intellectual capacity of the students by helping them to appreci broad and enduring ideas and principles.

Implications of Idealism for Physical Education Teacher

- For the Idealists, the teacher is one who is respected for his her knowledge of the absolute and universal ideas.
- He or she is able to teach the key concepts and principl from the classics, patiently guide the students in their searc for truth, and skillfully promote thinking in the students.

As an example of an idealist lesson, consider how a teacher coul introduce the concept of gravity in a science lesson on gravity to his her students in the classroom. The teacher explores the principle gravity by studying Newton's experiments on gravity. The aim woul be to encourage the students to reflect on how the principle of gravit works rather than drilling them with test questions from worksheets.

Realism

Like Idealism, Realism has a long history dating back t Aristotle in ancient Greece. The realists posit that reality is found i

he physical world that we live in, and that knowledge is gained hrough reason and experience. Knowledge obtained from scientific esearch and discovery is particularly useful and such knowledge is nstrumental for us to survive and succeed in life.

Implications of Realism for Physical Education Teacher

The Realists teachers' experts in the various disciplines:

- Such a teacher knows the subject thoroughly, is skillful in explaining the content to the students and in assessing the students' understanding.
- Such a teacher does not teach what the students are interested in, but what is essential to develop their reasoning powers so that they can gain knowledge of the world of nature.
- Materials should be presented in an orderly and organized manner, and content is based on facts, reason, and practical use.
- Clearly defined criteria in the various subject matter are taught to students, and they are formally assessed in standardized achievement tests.

For example, a mathematics teacher will teach about multiplication by explaining the rule and providing examples with the help of pictures or manipulative. He or she then gets the students to complete some exercises and goes through the answers with them.

Pragmatism

Pragmatism was introduced by Charles S. Peirce, and William James. Pragmatists argue that reality is always changing and is dependent on what we observe and experience.

Knowledge claims and even values are not permanent and absolute but are tentative and subject to revision. Rather than searching for universal ideas, it is more pragmatic to focus on using knowledge to help us achieve our desired outcomes.

Implications of pragmatism for physical education teacher

- The ideal teacher for the Pragmatists is one who helps the students to grow by allowing them with the knowledge, skills,

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and natures Philosophical Perspectives on Education to mak intelligent decisions in life.

- Such a teacher is not confined to the textbook or a fixed bod of knowledge.
- He or she is able to introduce topics that students a interested in and can relate to in their lives.
- Such a teacher is a resource person and facilitator to guide th students in active learning.
- The teacher provides a conducive learning environmen encourages openness and collaboration among the students.

For example, a social studies teacher encourages students to do project on the problem of ethnic disturbances in Singapore. Student would adopt a cross-disciplinary approach. The teacher serves as facilitator by alerting them to relevant resources, providing suggestions on the project, and giving feedback on their work.

Short Questions

Write Down the Answers to these Shorts Questions

Q. 1. What is the meaning of philosophy?
Q. 2. Describe the definition of philosophy according to Plato?
Q. 3. Write down the names of the components of philosophy?
Q. 4. What is Epistemology?
Q. 5. Write down the definition of metaphysics?
Q. 6. What is philosophical perspective?
Q. 7. Write down the names of the philosophical perspectives?
Q. 8. Who's started idealism as an educational philosophy?
Q. 9. Explain about the relationship of realism with physical education?
Q. 10. Write down the implications of pragmatism in physical education?

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Multiple Choice Questions

Choose the Correct Answers.

1. The term philosophy has been derived from words
   - **(a) Greek ✓**
   - (b) Latin
   - (c) English
   - (d) Arabic
2. The word Sophia, means _____.
   - (a) Love
   - **(b) Wisdom ✓**
   - (c) Knowing
   - (d) Reasoning
3. Philosophy means?
   - (a) Love of values
   - (b) Love of learning
   - **(c) Love of wisdom ✓**
   - (d) Love of thinking
4. According to Karl Marks "Philosophy is the in order to change it"
   - (a) Interpretation of the ideas
   - (b) Interpretation of the society
   - (c) Interpretation of the ethics
   - **(d) Interpretation of the world ✓**
5. How many major components of philosophy?
   - **(a) 5 ✓**
   - (b) 4
   - (c) 8
   - (d) 3
6. Metaphysics considers questions about the physical _____ and of ultimate reality.
   - (a) Reality and universe
   - **(b) Universe and nature ✓**
   - (c) Existence and nature
   - (d) Nature and reality
7. The educational philosophy of Idealism was started by _____ and _____ in ancient Greece
   - (a) Aristotle and Plato
   - (b) Socrates and Aristotle
   - **(c) Socrates and Plato ✓**
   - (d) Plato and Hegel

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8. Idealists argue that the aim of education is to develop the of the students
   (a) Learning capacity
   (b) Reasoning capacity
   (c) Physical capacity
   (d) Intellectual capacity ✓

9. Pragmatism was introduced by _____.
   (a) Charles, Peirce, and William ✓
   (b) Charles, William, and Plato
   (c) Peirce, Plato, and William
   (d) William, Plato, and Aristotle

10. In which philosophical component teacher provides a conducive learning environment, encourages openness and collaboration among the students
   (a) Idealism **(b) Pragmatism** ✓
   (c) Realism (d) Naturalism

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Physical Education as Discipline

What is Physical Education

Physical education is an educational process that has its aim the mprovement of human performance through the medium of physical ictivities selected to realize these outcomes (Charles A. Bucher).

What is Discipline

Discipline is the practice of making people obey rules or standards of behaviour and punishing them when they do not. If you refer to an activity or situation as a discipline, you mean that, to be successful in it, you need to behave in a strictly controlled way and obey rules or standards.

Meant by Discipline in Education

The term discipline is defined by the Oxford English Dictionary as "a branch of learning or knowledge". It is technical term for **organization of learning and systematic production of new knowledge.** The Latin term 'disciplina' meant 'teaching, learning', and instruction.

Discipline Mean in Sports

A discipline is a branch of a sport comprising one or more events. An event is a competition in a sport or discipline that gives rise to a ranking.

Discipline and Its Importance

Discipline is one of the most important personality traits in everyone's life. It refers to a set of rules and regulations which are to be followed while undergoing any task or activity. It is a way of being honest, hard-working, motivated, and encouraged while doing any task.

Academic Discipline Is Physical Education

As an academic discipline kinesiology is comprised of many specialized areas of study in which the causes and consequences of physical activity and inactivity are examined from different perspectives. These specialized areas apply knowledge, methods of inquiry, and principles from the arts, humanities, and sciences.

As an academic discipline these specialized areas apply knowledge, and principles from the arts, humanities, and sciences.

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These areas are used to address problems of importance to soc and increases our understanding of the significance of play human well-being and of movement for physical, psychological, spiritual health.

Types of Disciplines

- Sports Medicine
- Sport Philosophy
- Sport History
- Biomechanics
- Exercise Physiology
- Sport Psychology
- Measurement and Evaluation
- Sport kinesiology
- Sport Sociology
- Motor Behavior
- Motor Learning
- Sport Pedagogy

Sport Medicine

The medical relationship between physical activity and human body.

Sport Philosophy

Focuses on critically analyzing issues as well as examini beliefs and values as they relate to participation in sport and physi education.

Sport History

The study of the past with a view to describe and expla the events.

Biomechanics

The study of the various forces that act on the human bo and the effects that such forces produce.

Exercise Physiology

Exercise physiology is applied or the study of the impact th exercise and work conditions have on the human body.

Sport Psychology

Sport psychology is a proficiency that uses psychologic knowledge and skills to address optimal performance and well-beir of athletes, developmental and social aspects of sports participatio and systemic issues associated with sports settings an organizations.

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Measurement and Evaluation

Measurement refers to the process of delegating a numerical index, to the object in a meaningful and consistent manner. Evaluation is when the comparison is being made between the score of a learner with the score of other learners and judge the results.

Sport kinesiology

Sport kinesiology encompasses all aspects of movement in which people of any age and health status may engage.

Sport Sociology

A sociology of sport is a discipline of sociology which in research and theory deals with sport as a playful, rationalistic, and rewarding activity that is done in interaction.

Motor Behavior

Focuses on factors that influence the development of abilities essential to movement.

Motor learning

Motor learning refers broadly to changes in an organism's movements that reflect changes in the structure and function of the nervous system. Motor learning enables animals to gain new skills, and improves the smoothness and accuracy of movements, in some cases by calibrating simple movements like reflexes.

Sport Pedagogy

Sport pedagogy is a discipline of sport science that focuses on educational processes via exercise, movement, play, and sport.

Physical Education and Islam

Islam promotes physical education activities due to having balanced, strengthen, healthy of body without delay Worship life. Our prophet has confirmed some useful activities such as swimming, shooting, wrestling into his age.

Islam with all aspects which affects the soul, heart, body, and every section of your daily life. Our religion commands to protect our mental and physical health. Islam is the last religion that moves

in every direction and direction to the human heart, soul, body, and every part of daily life.

The Prophet Muhammad encouraged the development of the body. According to Islam, people have been sent to this world to be tested. Our Almighty Islam has allowed or even encouraged Muslims to play games and sports in order to alleviate the sadness and sorrow of the tiredness.

Islam is considered an important part of an athlete's life. The importance of Islam can be described in physical education by following points.

1. Islam promotes the mental and spiritual developments.
2. Islam increases the quality of life.
3. Islam encourages physical strength to elaborate this argument Muslims perform salat worship takes place five times a day.
4. Islam with physical education improve blood circulation during prayers which strength human body and muscles.
5. Islam promotes the respiratory system Hajj is the best example which relates the Islam to physical education.
6. Islam increases the immune system Ramzan is the best example in this holly month Muslims fasting whole day which enhance their immune system.
7. Islam improves motivation and boost up the level of confidence of athletes during competitions.
8. Islam enhances the sports performance of athletes' during tournaments.
9. Islam decreases the fear of injuries during matches.
10. Islam eliminates the psychological uncertainties.
11. Islam decreases the level of depression, stress, and anxieties.
12. Islam boosts up self-efficacy, and emotional intelligence.

Physical Education as a Profession

Physical education as a profession is a very demanding profession where one with skills can earn very good money. It is a

very good profession for anyone who wishes to spread awareness regarding physical fitness.

The professional aspects of physical education

Here are many different professional aspects of physical education. After getting the schooling of physical education you can lead to a wide range of career options. Such as;

1. PET Teacher
2. Subject Specialist
3. Sports Coach
4. District Sport Officer
5. Tehsil Sport Officer
6. Sports Market Manager
7. Sports Leader
8. Sports Massager
9. Sports Statistician
10. Director Sports
11. Sports Psychologists
12. Sports Sociologist
13. Sports Journalist
14. Sports Scientists
15. Sports Trainer
16. Sports Physiotherapist
17. Sports Scout
18. Performance Analyzer
19. Sports Therapist
20. Sports Stadium Administrator

Short Questions

Write Down the Answers to these Shorts Questions

Q. 1. What is meaning of discipline?
Q. 2. Explain the discipline in education?
Q. 3. What is role of discipline in sports?
Q. 4. Write a brief note on academia discipline in physical education?
Q. 5. Write down the names of any five disciplines in physical education?
Q. 6. What is difference between sports psychology and sports physiology?
Q. 7. Define the sports medicine?
Q. 8. Write down any five points on the importance of Islam in physical education?

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Q. 9. Write down any five professional aspects of physic education?

Q. 10. Write a note on the role and responsibilities of physic education teacher?

Multiple Choice Questions

Choose the Correct Answers.

1. Physical education is an that has its aim the improvemen of human performance.
   (a) **Educational Process** ✓ (b) Learning Process
   (c) Knowledge Process (d) Culture Process
2. The term discipline is defined by the Oxford Englis Dictionary as "a branch of
   (a) Wisdom **(b) knowledge** ✓
   (c) Knowing (d) Reasoning
3. The medical relationship between physical activity and the human body is called?
   (a) Sports Kinesiology (b) Biomechanics
   (c) Sports Medicine ✓ (d) Sports Pedagogy
4. The study of the past with a view to describe and explain the events is called -----?
   (a) Sports Kinesiology (b) Sports Medicine
   (c) Sports Pedagogy **(d) Sports History** ✓
5. is the study of the impact that exercise and work conditions have on the human body.
   (a) Exercise Physiology ✓ (b) Sports Medicine
   (c) Sports Pedagogy (d) Sports History
6. The study of the various ---------- that act on the and the effects that such forces produce.
   (a) Universe and Nature
   (b) Forces and Human Body ✓
   (c) Existence and Forces
   (d) Nature and Human Body

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7. Islam decreases the level of _____.
   (a) Confidence And Motivation
   (b) Moral And Performance
   (c) **Stress And Depression** ✓
   (d) Immune System

8. Islam decreases the fear of during matches.
   (a) Self-Confidence (b) Self-Motivation
   (c) Self-Efficacy (d) **Injuries** ✓

9. Islam promotes the ---------- and developments
   (a) **Mental and Spiritual** ✓
   (b) Spiritual and Emotional
   (c) Mental and Medical
   (d) Performance and Imaginary

10. After getting the knowledge of you can become as sports psychologist, sports coach, sports scout, and physiotherapist.
   (a) Economics (b) **Physical Education** ✓
   (c) Statistics (d) Psychology

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Scientific Foundation of Physical Education

Scientific Foundation of Physical Education

Scientific foundation of physical education plays an important role in the physical growth and development of students, they acquire the knowledge, skills, right attitudes, and values towards the pursuit of a lifelong physically active and healthy lifestyle. It also provides an opportunity for students to express themselves through movement and physical activity.

To be a physically educated student, each child should:

1. Understand the importance and benefits of physical activity.
2. Enjoy and actively participate in a variety of physical activities
3. Demonstrate positive personal/social character traits such as fair play
4. Teamwork; and sportsmanship in a variety of physical activities
5. Play safely with respect to self and others

Biological Interpretation of Physical Education

Biology is a natural science concerned with the study of life and living organisms, including their structure, function, growth, origin, evolution, distribution, and organization.

Science that studies about life or living matter in all its forms and fact, with reference to origin, growth, reproduction, structure, and behavior know as Biology.

Physical education based on physical activity. Human body performs physical activities that require physical skills and utilize strength, power, speed, endurance and flexibility, range of motion or agility. From various branches of Biology these three branches are mainly dominated in biological foundation of Physical Education

1. Human Anatomy — Study related to structure of human's body
2. Developmental Biology — Study of the processes through which an organism forms, from zygote to full structure
3. Human Physiology — Study of the functioning of organs and parts of human body.

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Biological interpretation of physical education can be explained by following points as given below.

1. Increase cardio-respiratory endurance
2. Enhance muscular strength
3. Increase muscular endurance
4. Increase flexibility
5. Promote body composition
6. Increase agility
7. Enhance co-ordination
8. Increase balance
9. Increase in size and weight

Psychological Interpretation of Physical Education

Sports psychology is the study of how psychological factors influence sports, athletic performance, exercise, and physical activity. In a context such as sports or physical education classes, knowledge, and management of psychological variables such as attention, self-confidence, stress control, anxiety, motivation, cohesion, self- control (or emotional self-regulation), moods and interpersonal skills can influence commitment and performance.

Sports psychologists investigate how psychology can improve health and wellbeing in physical education by following points.

1. Managing stress and anxiety
2. Reducing depression
3. Enhance Intelligence and academic performance
4. Offer opportunities to experience "peak" moments
5. Provides recreation and a change of pace
6. Offers an opportunity for individuals to challenge themselves and strive for mastery
7. Offers creative and aesthetic experiences
8. Improves health-related quality of life
9. Improves one's mood
10. Alleviates symptoms associated with mild depression
11. Reduces anxiety
12. Aids in managing stress
13. Enhances self-concept, self-esteem, self-efficacy, and self-confidence
14. Offers opportunities for affiliation with others

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Sociological Interpretation of Physical Education

We are living a time when society, culture and science have become increasingly aware of the great importance of physical activity and sport not only as a part of mass culture, but broadly understood, for individual and social health and well-being.

Physical Education is based on the accepted social and democratic, principles. A sound physical education programme offering wholesome activities like.

- Produces well-socialized persons possessing the desirable qualities of integrity
- Unselfishness forgiveness
- Sense of fairness
- Co- operation
- Control of the emotions

It is important to society as it affects the behaviour of human beings and institutions. When sportsmen engage in games/sports, they express socialized relationship. Socialization in sports and games reveals personal and social characteristics of a sportsman such as:

1. Increased confidence
2. Enhance peer acceptance
3. Increase leadership skills
4. Promote empathy
5. Encourage social interaction
6. Improve concentration and learning
7. Increase personal confidence
8. Increase self-awareness
9. Reduce feelings of depression and anxiety
10. Promote personality traits

It is important to society as it affects the behaviour of human beings and institutions. When sportsmen engage in games/sports, they express socialized relationship. Socialization in sports and games reveals personal and social characteristics of a sportsman.

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Short Questions

Write Down the Answers to these Shorts Questions

Q.1. What is meaning of scientific Foundation of Physical education?

Q.1. How can students get benefits from the scientific foundation of physical education?

Q.1. Explain biological interpretation of physical education?

Q.1. Write down the branches of biology which are dominated in biological foundation of Physical Education?

Q.1. Write down any five benefits of biological interpretation of physical education?

Q.1. Explain sport psychology in physical education?

Q.1. How psychological beneficial for physical education write down any five points?

Q.1. What is Sociological Interpretation of Physical Education?

Q.1. What kind of activities a sound social physical education programme offering?

Q.1. Write down the characteristics of sociological interpretation of physical education?

Multiple Choice Questions

Choose the Correct Answers.

1. Scientific foundation of physical education plays an important role in the _____ and _____ of students.
   (a) **Physical growth and development** ✓
   (b) Physical learning and knowledge
   (c) Knowledge and process
   (d) Culture and process

2. Scientific foundation of physical education provides an opportunity for students to express themselves through _____ and _____.
   (a) Physical growth and development
   (b) **Movement and physical activity** ✓
   (c) Movement and Knowledge
   (d) Movement and Culture

3. _____ is a natural science concerned with the study of life and living organisms.
   (a) Physical education
   (b) Sociology
   (c) Biology ✓
   (d) Psychology

4. How many branches of biology are mainly dominated in biological foundation of Physical Education _____.
   (a) Two
   (b) Four
   (c) Seven
   (d) Three ✓

5. Which aspect can increase cardio-respiratory and muscular endurance _____.
   (a) Biological ✓
   (b) Sociological
   (c) Psychological
   (d) Philosophical

6. Which aspect can decrease depression, stress and anxiety and enhance level of self-esteem and confidence _____.
   (a) Biological
   (b) Psychological ✓
   (c) Sociological
   (d) Psychological

7. Unselfishness forgiveness, Sense of fairness, Co- operation, and Control of the emotions leads to which aspect of physical education _____.
   (a) Biological
   (b) Psychological
   (c) Sociological ✓
   (d) Psychological

8. When sportsmen engage in games/sports, they express socialized relationship
   (a) Biological
   (b) Psychological
   (c) Virtual
   (d) Socialized ✓

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9. Socialization in sports and games reveals _____ and characteristics of a sportsman.
   (a) Personal and social ✓
   (b) Psychological and personal
   (c) Personal and biological
   (d) Biological and social

10. Physical Education is based on the accepted social and _____.
   (a) Personal ✓
   (b) Democratic
   (c) Biological
   (d) Psychological

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Physical Education and Recreation

Physical Education and Recreation

The Physical Education and Recreational Sport programs provide students, faculty, and staff the opportunity to experience a variety of activities and, in turn, to appreciate the importance of the balance of a healthy mind and body.

Recreation plays an important role in physical education because all events of physical education is dependent upon recreation, in recreation a sports person recreate himself to a particular event before starting any event. In recreation people learns an event by recreational way.

Examples of Physical Recreation

- Ball sports – football, rugby, volleyball, basketball, cricket, golf, tennis, netball.
- Athletics – running, jumping, throwing, triathlon, decathlon.
- Water sports – surfing, canoeing, kayaking, swimming, water polo, diving, rowing.

Why Recreation is Important in Physical Education?

Recreation provides many students with a sense of enjoyment and pleasure in and out of school. Recreation challenges students to expand their horizons, prove themselves, and develop new skills and abilities. Many recreational activities require that students take risks and step outside of their comfort zones.

Definition of Recreation

1. Refreshment of strength and spirits after work is called recreation.
2. Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".
3. Physical recreation is any sport, dance, or fitness activity– in short, anything that requires a sustained level of energy and physical activity. Participants are required to choose an

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activity that will allow them to prove personal improvement in their chosen activity.

Recreation According to the Dictionary of Sociology

- Recreation consists of an activity or experience, usually chosen voluntarily by the participant, either because of the immediate satisfaction to be derived from it, or because he perceives some personal or social values to be achieved by it.
- Recreation refers to all those activities that people choose to do to refresh their bodies and minds and make their leisure time more interesting and enjoyable. Examples of recreation activities are walking, swimming, meditation, reading, playing games and dancing.

Importance of Recreation

The benefits of recreation affect all aspects of life. Participating in recreational activities helps improve physical well-being, emotional health, and cognitive functioning. It also offers opportunities to socialize with peers.

Types of Recreation

Recreational activities can be classified as indoor activities and outdoor activities. Recreational activities include all kinds of sports, both team and individual such as:

- Hiking and camping
- Hunting and fishing
- Canoeing
- Kayaking, and rafting
- Sailing and motor boating
- Cycling
- Listening to music
- Watching movies
- Visiting amusement parks
- Photography
- Bowling
- Camping
- Golfing
- Ice skating
- Boating
- Rowing
- Swimming
- Rock climbing
- Gardening
- Chasing

What is Leisure

Leisure activities are the things that you do primarily for relaxation and pleasure. These activities could be very passive requiring little or no physical activity, and you can do them by yourself if you don't want to do it with others.

Principles of Leisure

There are many basic principles of leisure which are given below:

1. Every student needs to be exposed to the growth-giving activities that have brought satisfaction through the ages
2. Every student needs to discover which activities give him personal satisfaction. In these activities he should be helped to develop the essential skills.
3. Every student should have certain forms of recreation which require little space, and which can be fitted into small fragments of time.
4. Every student needs to know well a certain limited number of indoor and outdoor games which he himself likes so that there will never be an occasion when he cannot think of anything to do.
5. Every student should be helped to form the habit of finding pleasure in reading.
6. Every student should be helped to learn how to make something of beauty in line, form, colour, sound, or graceful use of his own body.
7. Every student should be helped to form habits of being active, of breathing deeply in the sunlit outdoor air. Man thrives best in the sunlight.

Outdoor Pursuits

Outdoor Pursuits is a volunteer-driven, non-profit organization devoted to providing inclusive opportunities for outdoor recreation and adventure.

Benefits of The Outdoor Pursuits

Physical Health Benefits

Outdoor activities such as backpacking, kayaking, climbing, and biking are all physically enduring activities that are beneficial for one's physical health and can improve one's well-being.

Social Benefits

Often, people who enjoy doing outdoor activities will tend to do them as a group.

Here are some of the health benefits of outdoor pursuits

1. Exercising outdoors will be happier to you.

2. Exercising outdoors is good for your physical health.
3. Your self-esteem will improve.
4. Vitamin D levels go up.
5. You will exercise longer and burn more calories.

The Main Purpose of Outdoor Activities

Use of the outdoors makes a major contribution to physical and environmental education and enhances many other curricular areas. It contributes to personal growth and social awareness and develops skills for life and the world of work. Qualities such as sense of responsibility and a purpose in life are nurtured.

Short Questions

Write Down the Answers to these Shorts Questions

Q.1. Explain physical education and recreation?
Q.2. Write down any two examples of physical recreation?
Q.3. Why recreation is important in physical education?
Q.4. What is the definition of recreation?
Q.5. Write down any five examples of recreation?
Q.6. What is Leisure?
Q.7. Write down any two principles of leisure which are benefic for students?
Q.8. Write a note on outdoor pursuit?
Q.9. Explain physical health benefits of outdoor pursuit?
Q.10. Write down the main purpose of outdoor pursuits?

Multiple Choice Questions

Choose the Correct Answers.

1. Recreation plays an important role in physical education.
   (a) Important ✓ (b) Learning
   (c) Knowledgeable (d) Cultural
2. Refreshment of strength and spirits after work is called ----
   (a) Culture **(b) Recreation ✓**
   (c) Knowledge (d) Hobby

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3. _____ consists of an activity or experience, usually chosen voluntarily by the participant.
(a) Culture (b) Leisure
(c) Recreation ✓ (d) Hobby

4. A person can improve his physical well-being, emotional health, and cognitive functioning through _____.
(a) Indoor activities (b) Outdoor activities
(c) Psychological activities **(d) Recreation activities✓**

5. Recreational activities can be classified as _____and _____ activities.
(a) Indoor and outdoor✓ (b) Physiological and social
(c) Psychological and emotional (d) Recreational and leisure

6. _____ activities are the things that you do primarily for relaxation and pleasure.
(a) Culture **(b) Leisure ✓**
(c) Recreation (d) Hobby

7. Student needs to discover leisure activities to give him _____ satisfaction.
(a) Emotional (b) Social
(c) Personal ✓ (d) Physical

8. _____ is a volunteer-driven, non-profit organization devoted to providing inclusive opportunities for outdoor recreation and adventure.
(a) Recreation (b) Leisure
(c) Sports **(d) Outdoor pursuits ✓**

9. Outdoor activities such as backpacking, kayaking, climbing, and biking are the example of _____.
(a) Physical health benefits ✓ (b) Social benefits
(c) Emotional benefits (d) Personal benefits

10. People who enjoy doing outdoor activities will tend to do them as a group.
(a) Physical health benefits **(b) Social benefits ✓**
(c) Emotional benefits (d) Personal benefits

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Leadership In Physical Education

Leadership According to Physical Education

Leadership is the ability to intentionally provide positi influence on the lives and behaviours of others. A leader must initia an activity under the groups needs and carry the activity to completio

The Importance of Physical Education for Leadership

PE helps students develop personally and socially. They wo as individuals, in groups and in teams, developing concepts fairness and of personal and social responsibility. They take different roles and responsibilities, including leadership, coachin and officiating.

Importance of Leadership

Leadership is a vital management function that helps to dire an organization's resources for improved efficiency and th achievement of goals. Effective leaders provide clarity of purpos motivate, and guide the organization to realize its mission.

Definition of Leadership

- The activity of leading a group of people or an organizatio or the ability to do this.
- Leadership is the ability of an individual or a group o individuals to influence and guide followers or othe members of an organization.
- Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal.

The New Oxford Dictionary of English defines leadership as:

- 'The action of leading a group of people or an organization 'the state or position of being a leader'.

According to C.I. Bernard

- 'Leadership is the quality of behaviour of the individuals whereby they guide people or their activities in organized efforts'.

According to Bernard Keys and Thomas

- 'Leadership is the process of influencing and supporting others to work enthusiastically towards achieving objectives'.

Kinds of Leadership

There are different types od leadership which are given below:

1. Autocratic Leadership

Autocratic leadership is defined by a top-down approach when it comes to all decision-making, procedures, and policies within an organization. An autocratic leader focuses less on collecting input from team members and tends to make executive decisions that others are expected to follow.

2. Transactional Leadership

Transactional leadership is defined by control, organization, and short-term planning. Leaders who adopt this style rely on a system of rewards and punishment to motivate their followers.

3. Bureaucratic Leadership

Bureaucratic leadership relies on a clear chain of command, strict regulations, and conformation by its followers. As the name implies, this is a leadership style that's commonly found in government entities, as well as military and public organizations.

4. Charismatic Leadership

Charismatic leadership is defined by a leader who uses their communication skills, fluency, and charm to influence others. Charismatic leaders, given their ability to connect with people on a deep level, are especially valuable within organizations that are facing a crisis or are struggling to move forward.

5. Transformational Leadership

Transformational leaders create a vision based on identified needs and guide their teams toward that united goal through inspiration and motivation.

6. Coaching Leadership

Coaching leadership is a style defined by collaboration, support, and guidance. Coaching leaders are focused on bringing out the best in their teams by guiding them through goals and obstacles.

7. Democratic Leadership

Democratic leadership, which is also commonly known as participative leadership, is about allowing multiple people participate in the decision-making process. This type of leadership

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can be seen in a wide range of contexts, from businesses to scho to governments.

8. Collaborative Leadership

Collaborative leadership is focused on encouraging people work together across functional and organizational boundaries. T purpose of this leadership style is to encourage collaboration w other teams and departments to accomplish shared goals.

9. Servant Leadership

Servant leadership puts the needs and wellbeing of followe first. In other words, these types of leaders adopt a serve-fi approach and growth mindset to prioritize their organizatio employees, and community above themselves.

10. Laissez-Faire Leadership

Laissez-faire leadership takes a hands-off approach to leadersh and gives others the freedom to make decisions. While leaders st provide their teams with the resources and tools they need to succee they remain largely uninvolved in the day- to-day work.

Selection Criteria of Leader

Choosing a leader should start with character. You can train bright willing novice in the fundamentals of your business, but it is lot harder to train someone to have integrity, judgment, and the driv to get things done. Leadership is a complex and value-laden concep It does not merely include the authority to lead but also the ability t lead others. Leaders aim to influence and persuade other people in doing something of their own free will. Leaders will not be effecti if they do little to influence and inspire those that they lead. Leader will have well developed people and communication skills. A leade only becomes a true leader when they are trusted and accepted as leader by those that they lead.

- Meet the needs of the organization within which the leade operates.
- Meet the needs of the people with whom the leader interacts.
- Have some form of authority over the people that they lead.
- Accept and discharge the responsibilities of the position to th best of their ability.
- Be answerable and accountable to someone or some group o people for their behaviour, decisions, actions, and performance.

Qualities of a Good Leader

Many different qualities contribute to being a great leader including:

1. Accountability

Taking ownership of responsibilities and positive and negative outcomes is key to effective leadership. Leaders should be able to take responsibility for their team's work, as well as their own.

2. Active listening

Successful leaders should be able to give, but also receive feedback from team members and listen. To actively listen, a leader can listen to the words being spoken but also understand the meaning behind them.

3. Collaboration

Often, leaders need to collaborate internally across departments and externally with vendors, third-party companies, and contractors.

4. Courage

Effective leaders should have the courage to do what is in the best interest of the team and company at all times.

5. Communication

Communicating in a clear and positive style creates a clear path for the rest of the team, project or meeting you are leading to follow.

6. Empathy

Leaders need to understand how the people around them are feeling about projects, decisions, morale, direction and company or team vision. Strong leaders show empathy by recognizing and considering their employees' feelings.

7. Flexibility

Working with a team of people means tasks, goals and responsibilities will shift. A flexible leader can adjust and maintain ownership of the team, project or meeting as needed.

8. Focus

A good leader sets a practical vision and suitable, achievable targets. They know how to set smart goals that are specific, measurable, attainable, realistic and timely. Using the smart goal framework can establish a strong foundation for achieving success.

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9. Growth mindset

Leaders do well when they adopt a growth mindset. Circumstances often change from when a project, challenge or issue originally surfaced.

10. Eager to learn

Leaders are effective and inspirational when they stay knowledgeable of moving trends and the topics they are leading. Not only does this help leaders hone their crafts and contribute to their purpose, but it also helps to inspire the team to continue learning too.

11. Innovation

Leaders should be able to develop ideas, solve problems and complete many other tasks that require innovation and creativity. They encourage creativity and innovation in their teams through activities like brainstorming or prototyping.

12. Optimism

Optimistic leaders show that they believe their company is working toward a better future. They value their team members' contributions to achieve that goal.

13. Passion

Teams are motivated by a drive towards a common goal. The team leader should be passionate about the goal, creating unity among their team to work together.

14. Patience

Effective leaders know that mistakes, miscommunications, and failures are inevitable. Leaders need to be patient and offer guidance through these times.

15. Problem solver

Developing problem-solving skills allows teams to move past roadblocks with minimal disruption. Good leaders also make training a priority for their employees, allowing them to develop skills to do their work and head off problems.

16. Resilience

Leaders are perceptive and know how to handle themselves in both positive and potentially difficult situations. A resilient leader focuses on the end result, avoids distractions and leads by example.

17. **Respect**

Effective leaders treat their teams with respect, gaining respect in return. Effective leaders show their respect by empowering their employees to make decisions and use their expertise to achieve goals.

18. **Self-awareness**

Successful leaders express the skills and knowledge required for a certain role in an organization or a specialty. A leader with self-awareness knows it's ok to not know everything and relies on other subject matter experts when needed.

19. **Transparency**

Being open and honest makes work more efficient and enjoyable. Good leaders consider the consequences of their decisions and actions for both teams and customers, setting a role model for employees to do the same.

20. **Trust**

Leadership requires delegation. When leaders trust their team to complete what they are assigned, it encourages positive morale and mutual respect. When leaders are honest with employees, especially during hard times, coworkers trust them in return, enabling the entire organization to operate with integrity.

Challenges in Physical Education Profession

The biggest challenges new teachers face is in three key areas: support, discipline, and classroom management. These questions will help you focus your efforts to overcome the challenges.

Consider this list of major challenges currently facing based on the perspective of many involved in the world of education today.

1. Classroom Size
2. Poverty
3. Family Factors
4. Technology
5. Bullying
6. Parent Involvement
7. Student Health
8. Funding

Short Questions

Write Down the Answers to these Shorts Questions.

Q. 1: Write down the definition of leadership?
Q. 2: Write a note on the importance of leadership?
Q. 3: Write down the definition of leadership according to Oxford dictionary?
Q. 4: Write down the names of any five kinds of leadership?
Q. 5: What is bureaucratic leadership?
Q. 6: What is difference between autocratic leadership and transactional leadership?
Q. 7: Write down any two points on the selection criteria of good leader?
Q. 8: Write down any five qualities of a good leader?
Q. 9: What is innovation in the qualities of a good leader?
Q. 10: Write down the challenges in the profession of physical education?

Multiple Choice Questions

Choose the Correct Answers.

1. Leadership is the to intentionally provide positive influence on the lives and behaviours of others.
   (a) **Ability** ✓ (b) Learning
   (c) Knowledgeable (d) Work
2. Leadership is a process of which maximizes the efforts of others, towards the achievement of a goal.
   (a) Learning **(b) Social Influence** ✓
   (c) Encouragement (d) Inspiration
3. Is defined by control, organization, and short-term planning.
   (a) Collaborative leadership
   (b) Charismatic leadership
   (c) Transactional leadership ✓
   (d) Coaching leadership

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4. Relies on a clear chain of command, strict regulations, and conformation by its followers.
   (a) Collaborative leadership
   (b) Charismatic leadership
   (c) Transactional leadership
   (d) Bureaucratic leadership ✓

5. takes a hands-off approach to leadership and gives others the freedom to make decisions
   (a) Laissez-faire leadership
   (b) Charismatic leadership
   (c) Transactional leadership
   (d) Bureaucratic leadership ✓

6. should have the courage to do what is in the best interest of the team and company at all times.
   (a) Focus leaders **(b) Effective leaders✓**
   (c) Passionate leader (d) Zealous leaders

7. show that they believe their company is working toward a better future.
   (a) Focus leaders (b) Effective leaders
   (c) Optimistic leaders ✓ (d) Zealous leaders

8. Leaders should be able to solve problems and complete many other tasks that require innovation and creativity.
   (a) Develop innovation (b) Develop novelty
   (c) Develop originality **(d) Develop ideas ✓**

9. Successful leaders express the …… and required for a certain role in an organization or a specialty.
   (a) Skills and knowledge ✓ (b) Skills and novelty
   (c) Knowledge & novelty (d) Skills and ideas

10. Good leaders consider the consequences of their decisions and actions for both teams and customers, setting a role model for employees to do the same
    (a) Skills and knowledge **(b) Decisions & actions✓**
    (c) Knowledge and novelty (d) Skills and ideas

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History of Ancient Olympic Games with Special Reference to Track & Field

The Olympic Games are one of the biggest spectacles of modern times. They are an international sports festival that began in Ancient Greece, in 776 BC, according to the most reliable sources. They were abolished in the early Christian times but were revived again in 1896 when the modern history of Olympics begins.

Now, the Olympic Games that took place in ancient Greece have a lot in common with the modern Olympics, but they have some crucial differences as well.

The Ancient Olympic Games

Originally, the games were part of a big religious festival organized to honor Zeus, the ruler of the gods in Greek mythology.

According to legends related to the ancient Greek Olympics, the founders of the games were Zeus and his son Hercules.

An interesting fact from the ancient Olympics history is that only men were allowed to participate, and the games were both a sporting and a religious event. Apart from sporting events, sacrifices and tributes to Zeus also took place.

The First Olympics

The first ancient Games most likely took place in 776 BC. We know this because the winners of a foot race are documented with inscriptions at Olympia, beginning in 776.

Male athletes, representatives of different city-states from various parts of the ancient Greek world, flocked at Olympia to compete in equestrian, athletic, and combat sports. The ancient Olympics events consisted of running, wrestling, boxing, chariot racing, horse racing, pentathlon, and the mixed martial art pankration. The marathon race was introduced to the Olympics for the first time in 1896.

The Demise of the Ancient Games

The history of Olympics in the ancient Greek world had been written for almost 12 centuries, until the beginning of the Christian era, after the Roman Empire conquered the Hellenistic world.

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While Greece itself was completely conquered in the mid-2nd century BC, the games continued to take place for several more centuries. However, their standards and quality gradually declined due to a lack of support from the new rulers

First Glimpses of Revival

Between the 17th and 19th centuries, the desire for the revival of the games, inspired by the long history of Olympics, grew stronger. Numerous athletic events during that era had the "Olympic" name. However, none of them came close to encompassing everything the original games stood for.

Brief History of Olympics: Athens, 1896

The rebirth of the Olympics happened at the Panathenaic Stadium in Athens. It brought together 241 athletes from 14 nations who competed in 43 different events. These included both athletic disciplines that were a legacy from the Ancient Greek times and modern sporting events.

Summer and Winter Games

As the modern Olympic Games grew in popularity, the need for Winter Games became obvious. Up until 1924, the Olympics were predominantly a summer event that did not include any winter sports.

The history of Winter Olympics began in 1924 after the first event was held in Chamonix, France. They were planned as a continuation of the Paris Summer Games that took place three months earlier.

The Current Model

It might come as a surprise that this model continued until as recently as 1994, when the Winter Olympic Games in Lillehammer, Norway were held in a different year.

Since then, Summer and Winter Games are held to years apart and have separate hosts.

Rules of participation

- The Ancient Olympics had lots of rules and regulations such as women were not allowed to compete.
- Married women were not allowed to watch because the men would be nude and the women would be held in dis-grace.

- Only free men (not slaves), that could speak Greek were allowed to compete.
- Once you enter you cannot leave the Olympics.
- No one can start earlier and other competitors; if they do they would get beaten or disqualified.
- In general if people disobeyed the Olympic rules then they would have to pay a fine and the money would help build statues of Zeus or they'd get whipped.
- If married women were found watching the Olympics, they would be thrown off Mountain Typaion, Pausanias record.
- Wrestlers were not allowed to use oil because it would protect their skin from dirt and sun light. For example, if someone grabbed an opponent's arm with oil on it, it would be hard for the wrestler to hold on, therefore it is an advantage to the opponent and harder for the wrestler to grab on.

Program of activities

Running

Running contests included: the stade race, which was the pre-eminent test of speed, covering the Olympia track from one end to the other (200m foot race), the diaulos (two stades - 400m foot race), dolichos (ranging between 7 and 24 stades).

Jumping

Athletes used stone or lead weights called halteres to increase the distance of a jump. They held onto the weights until the end of their flight, and then jettisoned them backwards.

Discus throw

The discus was originally made of stone and later of iron, lead or bronze. The technique was very similar to today's freestyle discus throw.

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Short Questions

Write Down the Answers to these Shorts Questions

Q.1. What is the brief history of the Olympics?

Ans. A brief history of the Olympics. The Olympics is a sport event for many different sports that is every four years. The original Olympic Games were held in the ancient Greek city of Olympia that since the 10th century BC.

Q.2. Were there other contests like the Olympics in ancient Greece? What happened to the ancient Olympics?

Ans. There were three (3) other games which were held on 2 or 4 year cycles: the Isthmean Games at Corinth, the Pythian Games at Delphi, and the Nemean Games at Nemea

Q.3. What is the oldest record in the Olympics?

Ans. Earliest Record of the Olympics. The first records of competition in the Olympic Games come from 776 BC, when only one event—a foot race over the length of the stadium—was contested.

Q.4. How many gods were there in the ancient Olympics?

Ans. The games were dedicated to the 12 Olympian Gods and were hosted on the ancient green plains of Olympia, the place was famous for its magnificent great temples of the two gods Zeus and his wife Hera.

Q.5. What events were held at the Olympics in Olympia?

Ans. The events in them include a chariot race, a footrace, a discus match, boxing, and wrestling. Why were the Olympic games held at Olympia? Olympia was one of the oldest religious centers in the ancient Greek world

Q.6 What are the ancient Olympic Games?

Ans. They used to be called the Olympic Games The ancient Olympic Games were a sporting event held every four years at the sacred site of Olympia, in the western Peloponnese, in honour of Zeus, the supreme god of Greek religion.

.7. What was the purpose of the Olympics in ancient Greece?

ıs. The Games were held in honor of Zeus, the king of the Greek gods, and a sacrifice of 100 oxen was made to the god on the middle day of the festival.

Q.8. How many countries competed at the Athens Olympics in 1896?

Ans. Thirteen countries competed at the Athens Games in 1896. Nine sports were on the agenda: cycling, fencing, gymnastics, lawn tennis, shooting, swimming, track and field, weight lifting, and wrestling

Multiple Choice Questions

Choose the Correct Answers.

1. When were the first Ancient Olympic Games held?
   (a) 555 BC (b) 676 BC
   (c) 776 BC ✓ (d) 176 BC
2. Who was the Greek god honoured by the Ancient Olympic Games?
   (a) Pelops (b) Heracles
   (c) Zeus ✓ (d) Perseus
3. What was the great Sanctuary of Zeus, the setting for the Olympic Games, called by the Ancient Greeks?
   (a) Alsos (b) Megaron
   (c) Tumulus **(d) Altis ✓**
4. When were held the first winter Olympics?
   (a) 1922 **(b) 1924 ✓**
   (c) 1932 (d) 1902
5. What color have five intersecting rings of the Olympics flag?
   (a) White, Red, Blue, Pink and Green
   (b) Blue, Yellow, Green and Black, Red ✓
   (c) Red, Black, Breen, Blue and Yellow
   (d) Red, Green, Black, Teal and Orange
6. To whom Greeks dedicated Olympic Games?
   (a) Zeus ✓ (b) Hera (c) Demeter (d) Apollo
7. From what country originated Olympics?
   (a) USA (b) Italy
   (c) Greece ✓ (d) France

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Modern Olympic Games with Special Reference to Track & Field

1. Brief History/The Modern Olympics

In an effort to rekindle the spirit of the ancient Olympics of Greece, which had been abolished as a pagan cult by Christian Byzantine Emperor Theodosius I in 393 A.D., the modern Olympic Games were initiated in 1896.

The first Olympics in this modern era were held in Athens, Greece, as a result of the persuasive recommendation of Demetrius Vikelas, a Greek representative of the Pan-Hellenic Gymnastic Club who had come to Paris as a participant in the planning for the new Olympics.

Following the Athens Games of 1896, the Olympics were held in Paris in 1900, which place and time had been Pierre de Coubertin's original plan for the first Olympics.

An Olympiad refers to the four-year period that starts with the opening of the Olympics in one city and ends upon the opening of the Olympics in another. The Games of the summer Olympiad currently include: aquatics (diving, swimming, synchronized swimming, and water polo), archery, athletics (track and field), badminton, baseball, basketball, boxing, canoeing/kayaking, cycling, equestrian events, fencing, football, gymnastics, handball, hockey, judo, modern pentathlon (developed by de Coubertin and incorporating shooting, fencing, swimming, show jumping, and running), rowing, sailing, shooting, softball, table tennis, Taekwondo, tennis, triathlon (combining swimming, cycling, and running), volleyball, weightlifting, and wrestling.

The first Winter Olympics were held in 1924 in Chamonix, France, almost by accident. The International Olympic Committee had decided on hosting an "International Sports Week 1924".

2. Rules of Participation

Track and field events set simple goals -- run the fastest, throw the farthest or jump the greatest distance -- that require different types of athleticism. Track meets are a symphony of speed, power, pure strength and focused technical skills. And each class of

vents enforces similar basic rules. Learn the rules to gain a deeper ppreciation for the difficulty of each event.

2.1 Running and Sprinting

Running events include sprints, hurdles, mid-distance, long distance and relay races. Starting blocks are used for sprints of 400 meters or less and relays with legs 400 meters or less. A referee instructs the runners to get "on your marks." For sprints, the ref says "set" to put runners on their blocks. Then a starting device is fired to begin the race. Running before the shot is a disqualifying false start. Every runner must stay inside her lane during short races. Middle-distance runs may start inside assigned lanes and then the track opens at a certain distance. Longer races may have staggered or waterfall starts, where runners starts on a curve into an open track. And the baton must be handed off inside designated 20-meter-long zones during relays, while hurdle races feature 19 jumping obstacles during the dash.

2.2 Throwing

Athletes try to throw the shot put, the discus, the javelin and the hammer farther than one another during a meet. Each contestant is given three throws and the farthest of the three is counted toward scoring. Shot put, discus and hammer are sent flying from a throwing circle. The athlete cannot leave the circle until the throw lands or the attempt is disqualified. In fact, if anything falls off the athlete outside the ring, including spit or jewelry, the thrower forfeits that throw. The javelin event has a runway with a finish line. The thrower is allowed to run inside the runway but cannot cross the finish line, even after letting the javelin go. Each shot put, discus, javelin and hammer thrown must stay inside the inbound lines of the sector for it to count.

2.3 Jumping

Jumping events include pole vault, high jump, triple jump and long jump. In pole vault and high jump, the athlete achieves height over a bar and the jumpers go head-to-head. First, a jumper has three tries to make a qualifying height. Then the bar is raised per request of each remaining jumper.

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When a certain height is achieved, other jumpers must ma... or beat the height to continue. Athletes must jump using ... foot in high jump. Jumpers have three distance jumps int... sand pit during long jump and triple jump, with the longe... one counting toward the score. Athletes get a running st... and must jump before a foul line. Triple jump requires a ho... skip and jump. Measurement is taken from the shortest ma... left in the sand by any part of the jumper's body.

3. Program of Activities

Men and women do not compete against each other. Wome... generally run the same distances as men although hurdles an... steeplechase barriers are lower and the weights of the shot, discu... javelin and hammer are less.

3.1 Track events

Running events conducted on a 400 meter track.

- Sprints: events up to and including 400 m. Common events are 60 m (indoors only), 100 metres, 200 metres and 400 metres.
- Middle distance: events from 800m to 3000 m, especially 800 metres, 1500 metres, mile and 3000m.
  - steeplechase - a race (usually 3000 m) in which runners must negotiate barriers and water jumps.
- Long distance: runs over 5000 m. Common events are 5000 m and 10000 m.
- Hurdling: 110 m high hurdles (100 m for women) and 400 m intermediate hurdles (300 m in some high schools).
- Relays: 4 x 100 metres relay, 4 x 400 metres relay

3.2 Field events

- Throwing events
  - Shot put
  - Hammer throw
  - Javelin throw
  - Discus throw
- Jumping events
  - High jump
  - Long jump

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- Pole vault
- Triple jump

➢ Combined or Multi events

- Pentathlon
- Heptathlon
- Decathlon

Short Questions

Write Down the Answers to these Shorts Questions

Q.1. What track and field events are in the modern Olympics?

Ans. The field events are the long jump, triple jump, high jump, pole vault, shot put, discus, javelin, and hammer throw.

Q.2. What is Special Olympics track and field?

Ans. Through the track-and-field-based athletics training program, participants can develop total fitness to compete in any sport.

Q.3. How many Olympic Games are there?

Ans. The Olympic Games programme consists of 35 sports, 30 disciplines and 408 events.

Q.4. What is the motto of Olympic Games?

Ans. The Olympic motto "Citius, Altius, Fortius" ("Faster, Higher, Stronger") was coined by Father Henri Didon, who was a close friend of Baron Pierre de Coubertin. It was adopted by the IOC in 1894.

Q.5. When was the first modern Olympic game

Ans. Athens 1896 Olympic Games, athletic festival held in Athens that took place April 6–15, 1896.

Q.6. Who started the modern Olympic Games?

Ans. Pierre de Coubertin

Q.7. Which was the first country to host the modern Olympics?

Ans. Athens, Greece

Q.8. How did modern Olympics start?

Ans. The International Olympic Committee (IOC) was formed, and the first Games were planned for 1896 in Athens, the capital of Greece.

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Q.9. Why are modern Olympics held?

Ans. The purpose of the Olympic Movement is to promote practice of sport all over the world and disseminate Olympic values.

Q.10. What do you know about modern Olympic Games?

Ans. The first modern Olympic Games were held in 189 Athens, Greece — a fitting place to rekindle the spirit of early Greek Games.

Q.11 [illegible] designed the Olympic flag?

Ans. In 1914, when the International Olympic Committee (IO held its 20th anniversary meeting in Paris, the Olympic f was displayed for the first time.

Q.12. What do athletics do?

Ans. Athletics is an exclusive collection of sporting events th involve competitive running, jumping, throwing, a walking.

Q.13. What are the objectives of modern Olympic Games?

Ans. The objective of the modern Olympic Games is to bring th athletes around the world in one place where they can pla and spread peace and friendship with no discrimination a race and gender.

Q.14. When was India participate in the modern Olympic Game for the first time?

Ans. India first participated in the Olympics in 1900 in Paris. Th country was represented by Norman Pritchard, an Angl Indian who was holidaying in Paris during that time.

Q.15. What is Special Olympics track and field?

Ans. Through the track-and-field-based athletics training program participants can develop total fitness to compete in any sport

Multiple Choice Questions

Choose the Correct Answers.

1. In which year were the very first modern Olympic Games held, and where?
   (a) 1900, Paris
   (b) 1896, Athens ✓
   (c) 1904, St Louis
   (d) 1892, Athens

2. In which year was the official Olympic Flag first used at the modern Olympic Games?
   (a) 1900
   (b) 1916
   (c) 1920 ✓
   (d) 1912

3. The Olympic flame was first lit during which year of the modern era?
   (a) 1928 ✓
   (b) 1900
   (c) 1924
   (d) 1904

4. At which Modern Olympic Games did they first use electronic timing devices and a public address system?
   (a) 1908 in London
   (b) 1912 in Stockholm ✓
   (c) 1896 in Athens
   (d) 1928 in Amsterdam

5. In which year was the modern Marathon 'standardised' to a length of 42,195 metres?
   (a) 1924 ✓
   (b) 1916
   (c) 1908
   (d) 1928

6. In 1932, the second of the modern Olympic Games to be held in the USA were in Los Angeles, with which of the following not being introduced for the first time?
   (a) Olympic village
   (b) Photo-finish cameras
   (c) Televising of the Games ✓
   (d) Victory platforms

7. In which of the following three years were the Olympic Games not held?
   (a) 1936, 1940 and 1944
   (b) 1912, 1936 and 1940
   (c) 1916, 1940 and 1944 ✓
   (d) 1916, 1936 and 1940

8. In which year of the Modern Olympics were the Winter Games added?
   (a) 1936
   (b) 1924 ✓
   (c) 1916
   (d) 1920

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9. In which year were Olympic medals restored to Native American, Jim Thorpe?
(a) 1980 (b) 1990
(c) 1982 ✓ **(d) 2000**

10. In which three years of the Modern Olympic Games were there boycotts by various Olympic teams?
(a) 1972, 1976 and 1984 **(b) 1976, 1980 and 1984** ✓
(c) 1968, 1976 and 1980 (d) 1976, 1980 and 1988

11. Where is the headquarters of the International Olympic Committee, the IOC?
(a) Lausanne ✓ (b) London
(c) Los Angeles (d) Sydney

12. In which cities were the modern Olympic Games due to be held/scheduled during the 'war years', i.e., 1916, 1940, and 1944?
(a) Berlin, Paris and Tokyo
(b) Berlin, Tokyo and Helsinki ✓
(c) Paris, Tokyo and Helsinki
(d) Helsinki, Berlin and London

13. When and where were the first Olympic Games held?
(a) 1888 **(b) 1896** ✓
(c) 1996 (d) 1998

14. Which five countries were represented at every Olympics since its beginning?
(a) USA, Poland, China, Australia and Iceland
(b) Greece, Australia, France, Great Britain and Switzerland ✓
(c) Greece, USA, Portugal, France and Denmark
(d) Russia, Egypt, Japan, Germany and Argentina

15. How many nations boycotted the 2008 Olympics in Beijing?
(a) 0 ✓ (b) 1
(c) 4 (d) 15

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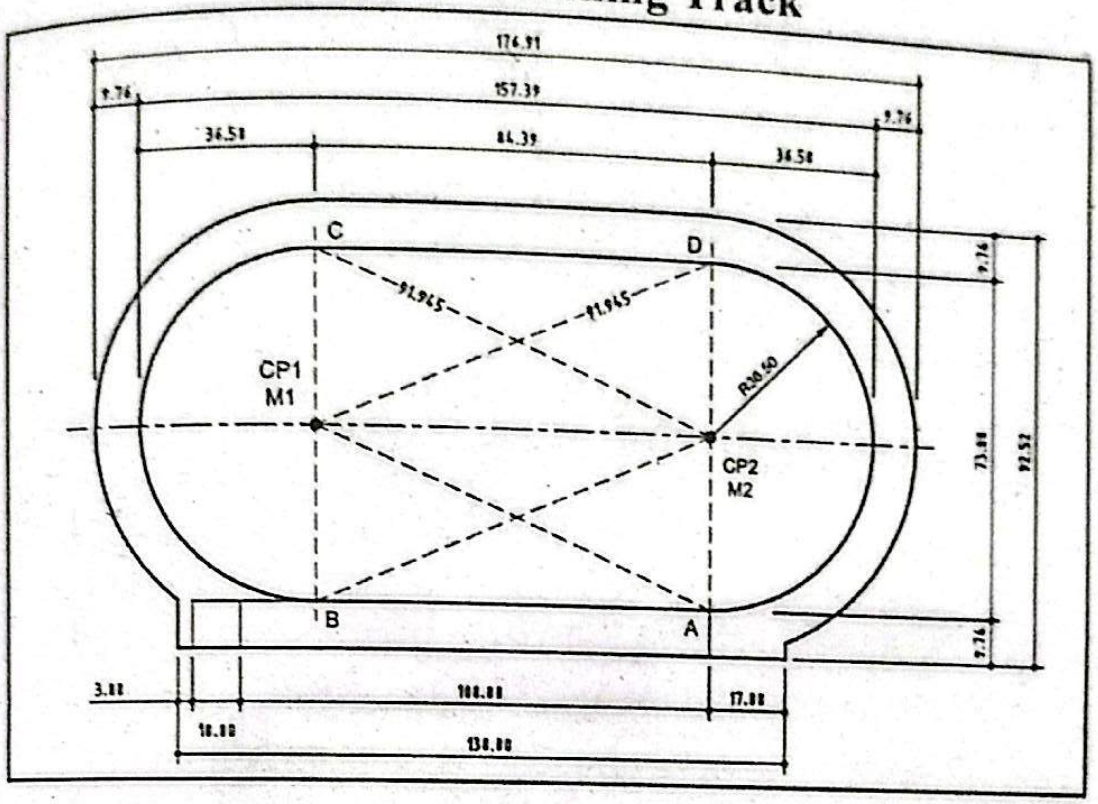
Laying Out Standard Track Conduct Of Track And Field Events

400 m Running Track



Suppose $L = 80m$

There are two lengths in a track.

Now, $2 \times L = 2 \times 80 = 160m$

We know that standard track in 400m which consists of two lengths and two curved paths. We suppose two length $160m$.

Now we subtract **160 m** from **400 m**.

$$400 - 160 = 240m$$

We know that from elementary Geometry

$$C = 2\pi r \quad \ldots\ldots\ldots\ldots (i)$$

In this equation "C" is circumference and "r" is radius.

We put value of "C" in equation (i)

$$240 = 2 \times \frac{22}{7} \times r$$

$$240 = \frac{44}{7} \times r$$

$$r = \frac{240 \times 7}{44}$$

$$r = 38.18m$$

Because athlete leave the kerb line **0.30** m track.

Then when we layout that we subtract **0.30 m** from the radius.

r = 38.18-0.30 = 37.88 m

For stragger, we use the same formula

$$C = 2\pi r$$

For 1st stragger $C = 2\pi r$

$$C = 2 \times \frac{22}{7} \times 1.12$$

$$C = 7.04m$$

2nd stragger $C = 2\pi r$

$$C = 2 \times \frac{22}{7} \times 1.22$$

$$C = 7.67m$$

All the other athlete take this stragger in their lanes.

Formation of Committees For Track And Field Competition

For organizing sports events, various committees are formed for systematic and smooth conduct of competitions/tournaments. In fact, the organization and conduct of sports events involve a lot of planning and preparation. Generally, there is a committee of management, which is usually consisted of one representative from each institution concerned. This General Committee takes complete responsibility for the success of competition. This committee also forms various committees and divides the various types of work among them. The General Committee is headed by an Administrative Director under whom Executive Committee performs its duties. Organizing committee for games/sports events works under Executive Committee. The organising committee is mainly responsible for the successful and smooth conduct of the sports meet/sports events. Various committees are formed under this organising committee.

The description of various committees and their responsibilities are stated below.

Committee for Publicity:

The committee for publicity announces the date, venues and sports events, advance information to the institutions and printing, etc. Its main responsibility is to advertise the sports events.

Transport Committee:

This committee is responsible for providing the facilities regarding transportation of various teams to the venue of sports events place or to the boarding and lodging as the case may be. Its main duty is to make necessary arrangements for transportation.

Boarding and Lodging Committee:

Boarding and lodging committee is responsible for making necessary arrangements for providing accommodation and meals to the sports persons and officials.

Decoration and ceremony Committee:

Decoration and ceremony committee is responsible for the decoration of sports arena or stadium. It is also responsible to make necessary arrangements for the opening ceremony, victory ceremony

and closing ceremony of the games/sports meet. This committee also makes arrangements for trophies, medals and certificates.

Grounds and Equipment Committee:

This committee is responsible for making the grounds or laying out the track and field. This committee also makes necessary arrangements of equipment related to the game/athletic meet. This committee is also responsible for providing the equipment according to specifications.

Refreshments and Entertainment Committee:

This committee takes the charge of supplying refreshments and drinks to the guests, officials and competitors, etc. It also makes some arrangements for entertainment programmes at the opening ceremony and closing ceremony of sports events.

Reception Committee:

The members of this committee are responsible to welcome the chief guests at the opening and closing ceremonies. It is also the duty of this committee to welcome the other guests and spectators.

Committee for officials:

This committee selects various officials such as referees, judges, recorders, clerks of the course, starters, track umpires, time keepers and lap scorers for athletic meet and referee, umpires, time keepers, recorders and judges, etc. in case of games as per requirement.

First Aid Committee:

First aid committee is headed by a well-qualified doctor. This committee provides first aid to the victim or affected athlete/sportsperson immediately. This committee makes the necessary arrangements for providing help prior to the organization of sports events because athletes or sports persons may get injuries during the competitions.

Short questions

Write Down the Answers to these Shorts Questions.

Q.1 What is the importance of committees in sports planning?

Ans. It is also responsible to make the necessary arrangements for the opening ceremony, victory ceremony and closing

ceremony of the games/sports meet. This committee also makes arrangements for trophies, medals and certificates.

Q.2 **What is the purpose of track and field?**

Ans. It is a sport which includes athletic contests established on the skills of running, jumping, and throwing. The workouts help burn body fat and speed up metabolism which helps athletes reach and maintain healthy a body weight.

Q.3 **How are various committees formed for tournament discussing it?**

Ans. Committees are formed at various levels. A letter is sent to all concerned for participation. Various steps are: i **Meetings are conducted at regular interval.** or Experts in various areas are identified.

Q.4 **What is committee in physical education?**

Ans. Different committees work together for the **smooth conduct** of the sports events. ... (i) Technical Committee: This committee is responsible for the technical conduct or the Emmis. This committee selects various officials such as referees, judges, starters, umpires, time keepers etc.

Multiple Choice Questions

Choose the Correct Answers.

1. Which of the following is not the necessary objective of Planning?
   a) To maintain a efficient control over all undertakings
   b) To increase efficiency
   c) To increase the pressure of immediacy ✓
   d) To enhance sports performance
2. The committee which is headed by an administrative director and under whom all the executive committee performs its duties is commonly known as
   a) Announcement committee
   b) General committee ✓
   c) Publicity committee
   d) Committee for refreshment and Entertainment

3. The primary aim of decoration and ceremony committee is
   a) The decoration of sports stadium
   b) Making necessary arrangements for opening ceremony
   c) Making arrangements for trophies, medals and certificates
   d) All of these ✓

4. Which committee is responsible for selecting various officials such as referees, judges, recorders and track umpires?
   a) First aid committee
   b) Committee for officials ✓
   c) Finance committee
   d) Reception committee

5. Round Robin tournament is also known as
   a) Challenge tournament **b) League tournament ✓**
   c) Knock – out tournament d)Combination tournament

6. In which type of tournament a team once defeated automatically gets eliminated from the tournament?
   a) Challenge tournament b) League tournament
   c) Knock – out tournament ✓ d)Combination tournament

7. Which one of the succeeding is an advantage of knockout tournament?
   a) Every team gets maximum opportunity
   b) Sports and games can be built more popular
   c) Sports officials do not face any difficulty while determining appropriate players.
   d) Tournament gets completed in less time ✓

8. In _____ type of tournament defeated team does not get a second opportunity.
   a) Challenge tournament b) League tournament
   c) Knock – out tournament✓ d) Combination tournament

9. Which type of tournament is also cold Berger system?
   a) Challenge tournament b)Combination tournament
   c) League tournament ✓ d) None of these

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Officials And Their Duties In Track And Field Events

International Officials

The following officials should be appointed internationally:

a) Technical Delegate(s)
b) Medical Delegate
c) Doping Control Delegate
d) International Technical Officials/Area Technical Officials
e) Jury of Appeal

Technical Delegates

The Technical Delegates, in conjunction with the Organizing Committee, which shall afford them all necessary help, are responsible for ensuring that all technical arrangements are in complete conformity with IAAF Technical Rules.

They shall ensure that the Technical Regulations are issued to all competing Members in good time before the competition.

Medical Delegate

The Medical Delegate shall have ultimate authority on all medical matters. He shall ensure that adequate facilities for medical examination, treatment and emergency care will be available at the site of the competition.

Doping Control Delegate

The Doping Control Delegate shall liaise with the Organizing Committee to ensure that suitable facilities are provided for the conduct of doping control. He shall be responsible for all matters relating to doping control.

International Technical Officials (ITO)

The Technical Delegates shall appoint one Chief International Technical Official among the appointed ITOs. The ITO shall provide all necessary support to the Referee of the event. Competition Regulations and relevant decisions made by the Technical Delegates.

International Photo Finish Judge

At all competitions under Rule 1.1(a) and (b), an International Photo Finish Judge, appointed respectively by IAAF or the relevant Area Association, shall supervise all Photo Finish functions.

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Jury of Appeal

The primary functions of the Jury shall be to deal with all protests under Rule 146, and with any matters arising during the course of the competition which are referred to it for decision. Its decision shall be final. It may, however, reconsider decisions if new conclusive evidence is presented provided the new decision is still applicable.

Officials of the Competition

The Organizing Committee of a competition shall appoint all officials, subject to the Rules of the Member in whose country the competition is held.

The following list comprises the officials considered necessary for major International Competitions.

MANAGEMENT OFFICIALS

-One Competition Director
-One Meeting Manager
-One Technical Manager
-One Call Room Manager

COMPETITION OFFICIALS

-One (or more) Referee for Track Events
-One (or more) Referee for Field Events
-One Chief Judge and an adequate number of Judges for Track Events
-One Chief Judge and an adequate number of Judges for each Field Event
-One Chief Timekeeper and an adequate number of Timekeepers, Starters and Recallers
-One (or more) Starter's Assistant
-One Chief and an adequate number of Lap Scorers
-One Chief and an adequate number of Marshals

ADDITIONAL OFFICIALS

-One (or more) Announcer

Note:- Referees and Chief Judges should wear a distinctive armband or badge.

Competition Director

The Competition Director shall plan the tech... organization of a competition in cooperation with the Tech... Delegate(s), where applicable, ensure that this plan is accomplish...

Meeting Manager

The Manager shall be responsible for the correct conduct... the Competition. He shall check that all officials have reported ... duty.

Technical Manager

The Technical Manager shall be responsible for ensuring t... the track, runways, circles. arcs, sectors, landing areas for f... events and all equipment and implements are in accordance w... IAAF Rules.

Referees

1. A separate Referee shall be appointed for track events, ... field events.
2. Referees shall ensure that the Rules are observed and sh... decide upon any matters which arise during the competiti... and for which provision has not been made in these Rules.
3. The Referee shall not act as a Judge or Umpire.
4. The appropriate Referee shall check all final results, sh... deal with any disputed points and where there is ... Measurement Judge (electronics), shall supervise t... measurements of record performances.
5. The appropriate Referee shall rule on any protest or objecti... regarding the conduct of the competition. He shall ha... authority to warn or exclude from competition, any athle... guilty of improper conduct.

Judges

General

The Chief Judge for track events and the Chief Judge f... each field event shall co-ordinate the work of the judges in th... respective event.

Track Events and Road Events

The Judges, who must all operate from the same side of ... track.

Field Events

The Judges shall judge each trial and measure and record each valid trial of athletes in all field events. In the high jump and pole vault. At least two Judges should keep a record of all trials, checking their recordings at the end of each round.

Umpires (Running)

1. Umpires are assistants to the Referee, without authority to make final decisions.
2. The Umpire shall be placed by the Referee in such a position that he may observe the competition closely.
3. Any such breach of the Rules should be indicated by the raising of a yellow flag.
4. A sufficient number of Umpires shall also be appointed to supervise the take-over zones in relay races.

Timekeepers

In the case of hand timing, a sufficient number of timekeepers for the number of athletes entered shall be appointed, one of whom shall be designated the Chief Timekeeper. He shall allocate duties to the Timekeepers. These Timekeepers shall act as back-up Timekeepers when fully Automatic Photo Finish equipment is in use

Starter and Recallers

When the Starter has ordered the athletes to their marks, the Starter's Assistants must ensure that Rule 162.4 is observed.

Lap Scorers

Lap Scorers shall keep a record of the laps completed by all athletes in races longer than 1500m For races of 5000m and longer.

Marshal

The Marshal shall have control of the arena and shall not allow any persons other than the officials and athletes assembled to compete or other authorised persons with valid accreditation to enter and remain therein.

Announcer

Announcer shall inform the public of the names and numbers of the athletes taking part in each event, and all relevant information such as the composition of the heats. lanes or stations drawn. and intermediate times.

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Short Questions

Write Down the Answers to these Shorts Questions.

Q. 1: What are the duties and responsibilities of IAAF?

Ans. Its purpose is to create and regulate professional level meets and to set the standards for administering competitions, using equipment, and documenting world records.

Q. 2: What do track officials do?

Ans. During the busiest part of the day we will typically have over 50 officials working during the 4 X 100 relay, not counting all of the starters, finish line workers, and timers.

Q. 3: What are the basic rules of track and field?

Ans. Always look both directions before crossing the track or any runways. Do not walk across the field where field events are being thrown. Athletes participating in field events must understand that their implements can be dangerous and are not toys.

Q. 4: What is IAAF in track and field?

Ans. Formerly known as the International Amateur Athletic Federation (from 1912 to 2001) and International Association of Athletics Federations (from 2001 to 2019), both abbreviated as the IAAF) is the international governing body for the sport of athletics, covering track and field.

Q. 5: Who governs track and field?

Ans. Based in Indianapolis, USA Track & Field (USATF) is the National Governing Body for track and field, long distance running, and race walking in the United States.

Q. 6: Who is a event official?

Ans. Event Official means an individual who is licensed by the commission and assigned by the commission office to work in their licensed capacity at an event. Event Officials include referees, timekeepers, judges, and ringside physicians.

Q. 7: What are the different violations in the track?

Ans. Track and field events usually consist of throwing, jumping, and running. Throwing events includes the shot put, the hammer, javelin, and discus. Jumping events include high jump, long jump, triple jump, and pole vault.

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Q. 8: Why are officials important?

Ans. Officials undertake an important role in the staging of competitions. They provide leadership and guidance to participants, ensuring that the competition is conducted in a safe and fair manner.

Q. 9: What kind of sport is athletics?

Ans. Athletics is an exclusive collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

Q. 10: Who is referee and referrer?

Ans. "Referrer" means a Candidate and voluntarily participates in the Scheme by referring eligible friends to become Referees. "Referee" means a person who is not an existing Candidate of the Company and who has given his/her approval and whom the Referrer has referred through the Scheme

Q. 11: What is the difference between umpire and referee?

Ans. An umpire refers to sports officials who apply their services in various kinds of sports competitions, whereas a referee is the person who ensures that all the rules and regulations of the game are correctly followed while the game is in progress.

Q. 12: What is the role of the Committee of track and field?

Ans. This committee is responsible for making the grounds or laying out the track and field this committee also makes necessary arrangements of equipments related to the games / athletic meet.

Q. 13: What is the role of the grounds and Equipment Committee?

Ans. Grounds and Equipment committee: This committee is responsible for making the grounds or laying out the track and field. This committee also makes necessary arrangements of equipment related to the game/athletic meet.

Q. 14: What are the various committees formed for the conduct of competition/ tournament?

Ans. Various committees are formed for systematic and smooth conduct of competition / tournament. 1. Committee for publicity. 2. Transport committee. 3. Boarding and loading committee. 4. Decoration and ceremony committee.

Q. 15. What is the role of the Committee of Management in sports?

Ans. For organising sports events, various committees are formed for systematic and smooth conduct of competitions / tournaments. In fact, the organisation and conduct of sports events involve a lot of planning and preparation. Generally, there is a committee of management, which is usually consisted of one representative from each institution concerned.

Q. 16: What months are track and field meets held?

Ans. The cross-country season is generally from September until early December in the United States, although in Europe meets are often held throughout the winter until the start of the outdoor track season. Indoor meets are held in the winter months, December through Marc

Q. 17: What does MCQ stand for in sports?

Ans. Sports GK (General Knowledge) Multiple Choice Questions (MCQs) on different sports and games for competitive examinations.

Q. 18: When did track and field become a sport?

Ans. The true development of track and field as a modern sport started in England during the 19th century

Q. 19: What is the role of the grounds and Equipment Committee?

Ans. Grounds and Equipment committee: This committee is responsible for making the grounds or laying out the track and field. This committee also makes necessary arrangements of equipment related to the game/athletic meet.

Multiple Choice Questions

Choose the Correct Answers.

A sound mind is in a sound ----------

(a) **Body** ✓ (b) Health
(c) Society (d) Environment

Advertising is affected by _____ forces

(a) Economic (b) Social
(c) Technological **(d) All the above** ✓

What is advertising?

(a) publicity (b) sales promotion
(c) paid information **(d) all the above** ✓

Earthing is necessary to give protection against

(a) Danger of electric shock ✓
(b) Voltage fluctuation
(c) Overloading
(d) High temperature of the conductors

The advantage of neutral earthing.

(a) Safety of personnel
(b) Reduction of earth fault current
(c) Elemination of arcing ground ✓
(d) None of the above

In a star connected system without neutral grounding, zero sequence currents are

(a) Zero ✓
(b) Phaser sum of phase currents
(c) Same as r.m.s. value of phase currents
(d) Same as peak value of phase currents

Which of the following is the work of During-Tournament committee?

(a) Opening ceremony preparation
(b) Announcement of the events
(c) Making necessary announcements ✓
(d) Registration of participants

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7. Which of the following is not an objective of planning?
(a) Ensure coordination (b) Enhance creativity
(c) Manage schedule ✓ (d) Reduce mistakes

8. The disadvantage of knock out tournament is
(a) huge budgetary needs
(b) elimination in initial rounds ✓
(c) more officials required
(d) All of these

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Rules and Techniques of Track events

History

Athletics, also known as **track and field** or **track and field athletics**, is a collection of sports events that involve running, throwing and jumping.

The name is derived from the Greek word **"Athlon"** meaning **"contest"**.

Athletics was the original event at the first Olympics in 776 BC where the only event held was the stadium-length foot race or "stade".

Organization

The International Association of Athletics Federations is the worldwide governing body for track and field events, and athletics as a whole.

Short Distance or Sprints

A sprint is a short running race. In a track and field competition there are generally three different sprint distances:
100m, 200m, and 400m.

Middle Distance

The middle distance races are the 800m, 1500m.
These races require different skills and tactics to win that the sprints. They rely more on endurance and pacing than just pure speed. The runners don't stay in a single lane for the entire race.

Long Distance

There are three main long distance races:
The 300m, 500m, 10,000m races
These races are similar to the middle distance races, but the emphasis is even more on correct pacing and endurance.

Rules of Sprint Races

- Sprinters should run in designated lanes and cannot cross lanes, throughout the race.
- In races with bunched starts, athletes can break inside. In 800-meter race, they start from staggered positions and can break inside after the first bend.
- In longer races of 1500 meters, 5000 meters, and 10000 meters, athletes can break inside after the start.

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- Sprinters shouldn't step on white lines that mark their lanes throughout the race.
- Sensors are placed in the starting pistol and at the blocks. In case of a false start, the athlete is disqualified.
- Before giving the 'set' command or before firing the starter gun, athletes cannot touch the other side of the start line with their hands or feet.
- Athletes should not obstruct other athletes during the race.
- If an athlete is obstructed, the referee may order the race to be held again, or he may ask the athlete to take part in the next round.
- Athletes may leave the track voluntarily before the race ends, but they cannot come back to the track else they will be disqualified.
- Every Sprint Race sprinter must begin the race with his feet in the starting blocks.
- The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position.
- The set position requires the runners to have both feet in the blocks and adopt a position with the body weight on their hands.
- On the starter's gun all runners begin the race.
- Sprinters must stay in their lane.
- The winner of the 100-meter sprint is the first runner to cross the finish line.
- Sprinters must run in a straight line as fast as possible.
- The racer that reaches the finish line in the shortest amount of time wins.

Tenhnique of Sprint Races

- The Six Rules of Sprinting Technique Pull the knees straight up, and do not allow them to angle towards the midline of the body.
- Run by striking the ground directly below the hips, particularly when accelerating.
- Run on the balls of the feet. Don't be flat footed and noisy.
- Maintain your top speed as long as possible. Maintain proper form to avoid slowing any more than you have to in the final 10 or 20 meters.

- Lean forward with your shoulders and chest a few meters before the finish line.
- Continue past the finish line.

Types of Crouched Starts

There are three main types of crouched starts.

Bullet Start

- The first type of sprint start is called a bullet or bunch start.
- The toes of the back foot are about level with the heel of the front foot.
- Both of the feet are placed well behind the starting line. The toe to toe distance is said to be 25 to 30 centimeters.
- In this start, your feet are closest together, compared to the other starts. Because your feet are close together, your legs and body are "bunched" together. That is why is called the bunched, or bullet start.

Medium Start

- The second types of sprint start is called medium start. In this knee of the back leg is opposite the front foot.
- The toe to toe distance said to be 40 to 55 centimeters. In this start, the feet are closer together than the elongated start but farther apart than bullet start.
- Its in the middle. That's why it is called the medium start, because it is in between the other two.

Elongated Start

- The third type of sprint start is called the elongated start.
- The sprinter has their knee of the back leg level, or slightly behind the front foot's heel. The toe to toe distance is 60 to 70 centimeters.
- In this start, your feet are spread out farther than the other two. Your back leg is stretched or elongated, behind you.

Middle and Long Distance Races Rules and Techniques

- Middle and long distance running is much different running compared to your sprints.
- Obviously the main difference being distance as sprints are nice fast quick runs and middle & long distance are much longer but paced out runs.

- With all individual races 800m and longer, there are no starting blocks.
- Runners begin in an upright position, their hands prohibited from touching the ground.
- The starting command for these races is "On your marks."
- Once all athletes are at the mark, the Starter's gun is fired, officially starting the race.
- An 800m race comprises eight runners, each in his or her own lane for the staggered start.
- In the 1500m and steeplechase, which have up to 12 runners, a group start is used.
- In the 800m, all runners must stay within their assigned lanes through the first turn, after which they break for position to the inside lane.
- In the 1500m and steeplechase, there are no lane assignments and runners jockey for position from the start.

4x100m relay

The two relay races in the Olympics are the 4x100m and 4x400m for both men and women and mixed. The 4x100m relay is an event where a relay team of four members each run a distance of 100m in a single designated lane. During each leg run, the athlete has to carry a baton and hand it over to the next team member. The baton exchange has to happen within a 20m changeover box, located 10m before and 10m after the start of each leg, starting from the second relay runner. A team can be disqualified if any member drops the baton during the handover or if the handover occurs outside the designated area. The runner finishing the race will generally be the fastest sprinter in a team. The 4x100m relay was introduced as a men's only event at the 1912 Stockholm Olympics, while the women's event was first run at the 1928 Olympics in Amsterdam.

4x400m relay

The rules for the 4x400m relay are largely similar to the 4x100m relays. The team members cover a distance of 400m each before passing on the baton to the next team member, within the

same 20m designated changeover area. However, there is one key difference. While the first member runs 400m in a single designated lane, the subsequent members of a team can interchange lanes starting from the back-straight halfway through the second leg. Generally, 400m runners compete for the inside line, which is the shortest route to the finish line. The 4x400m relay was also introduced at the Olympics as a men's-only event at the 1912 Stockholm Games, while the women's event was first run at Munich 1972. Tokyo 2020 featured a **4x400m mixed team relay**, with two male runners and two female runners. It was the first time that a mixed-gendered race was run at the Olympic Games.

Where did steeplechase originate?

Steeplechase was modelled after horse steeplechase and has its origin in Britain. The race originally began with participants running from one town's church steeple to another. The obstacles -- walls and low streams -- were far more natural then before the modern-day 3000m steeplechase came to the fore.

The modern day race began with the Oxford University race in the 19th and the 'natural' obstacles were replaced with fixed barriers and pits. The event, however, made its Olympic debut at Antwerp 1920 with the men's event while the women's event was only introduced at Beijing 2008.

Rules of steeplechase

- During the course of the event, each runner has to clear 28 fixed barriers and seven water jumps to make it to the finish line.
- It includes a bit over seven laps with a fraction of lap without any barriers. Each of these seven laps have a standard length of 400m. Interestingly, unlike the hurdle races, steeplechase barriers don't move from their position if hit as they are fixed.
- The 3000 meter race features no barriers on the first lap. Each seven subsequent laps includes five hurdle jumps, one of which followed immediately by a water pit that slopes upwards.

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Short questions

Write Down the Answers to these Shorts Questions.

Q. 1 What has to cross the line in a sprint?

Ans. The rules state that the first runner whose torso crosses [illegible] the finish line is the winner. Only the torso is considered [illegible] judging the winner. Crossing the line with your head, [illegible] legs or feet before another runner crosses with her torso [illegible] not help you win.

Q. 2 How long is a sprint run?

Ans. Sprint, also called dash, in athletics (track and field), [illegible] footrace over a short distance with an all-out or nearly all-[illegible] burst of speed, the chief distances being 100, 200, and 400 metres and 100, 220, and 440 yards

Q.3 Why do sprinters dip their heads?

Ans. The easy answer is: Because they need them. Arm action in sprinting is often described as 'hammering nails in a wall behind you'. The faster your arms are moving, the faster your legs will go.

Q.4 How many types of finishing are there in athletics?

Ans. Generally, the athletes use three types of finishing techniques which are mention below : 1. Run through : This technique is generally adopted by novice athletes. In this technique, the finishing line is crossed with the full speed by the athletes

Q. 5 Why do sprinters lean forward at the end?

Ans. In fact, the rules of track and field state that you hit the finish line when your torso, which is considered different from your head or arms, crosses the finish line. ... This is why runners lean forward in close races — to get their torsos over the threshold

Q. 6 Why do sprinters lean?

Ans. Explanation: When they lean towards the centre of the curve, they will cover less distance in total, which therefore makes it faster to reach till the end. Leaning toward the center of the curve provides balance of torques on the sprinter.

Q. 7 What is the shortest sprint race?

Q.8 What are the types of sprint races?

Q.9 What are the types of sprint races?
Q.10 How many middle-distance races are there in athletics?
Q.11 What are the rules of middle-distance race?
Q.12 What are the 4 most common lengths of long distance races?

Multiple Choice Questions

Choose the Correct Answers.

1. The longest running race in athletics is the
   (a) steeplechase (b) 10,000 metres (c) marathon
2. Some of the few team events in athletics are the
   (a) relay races (b) field events
   (c) gymnastics competitions
3. Most outdoor athletics tracks have
   (a) six lanes (b) eight lanes (c) ten lanes
4. In all sprint races, runners start in a .....position
   (a) start (b) crouch
5. There are ..... examples of sprint races
   (a) five (b) three
6. Which is an example of a race that is run on a straight lane?
   (a) 500 metres (b) 100 metres
7. The speed in middle distance races is not as high as sprint races.
   (a) TRUE (b) FALSE
8. Total distance of Marathon race _____.
   (a) 26 km (b) 42 km
   (c) 42.195 km (d) 42.765 km
9. Which is the biggest race in Olympic games _____.
   (a) 5000 m (b) 10000 m
   (c) 30000 m (d) Marathon Race
10. In 400 meter race last athlete Stagger ____
    (a) 7.01 m (b) 7.42 m
    (c) 7.67 m (d) 7.80 m

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Rules and Techniques of Field events

History

Athletics, also known as **track and field** or **track and field athletics**, is a collection of sports events that involve running, throwing and jumping.

The name is derived from the Greek word **"Athlon"** meaning "contest".

Athletics was the original event at the first Olympics in 776 BC where the only event held was the stadium-length foot race or "stade".

Organization

The International Association of Athletics Federations is the worldwide governing body for track and field events, and athletics as a whole.

Field Events

There are two kinds of field events.

1. Throws
2. Jumps

Throw Events

Shot Put
Javelin Throw
Discus Throw
Hammer Throw

Jump Events

Long Jump
High Jump
Triple Jump
Pole Vault

Long Jump

Landing Area or Jumping Pit

- Length of Landing Area = 7 m to 9 m
- Width of Landing Area = 2.75 m to 3.0 m

Runway:

- Length of Runway = 40 m
- Width of Runway = 1.22 m ± 0.01 m
- Width of Runway lines = 5cm
- The colour of Runway lines = white lines

The Take-off Board:

The take-off board shall be rectangular, made of wood.

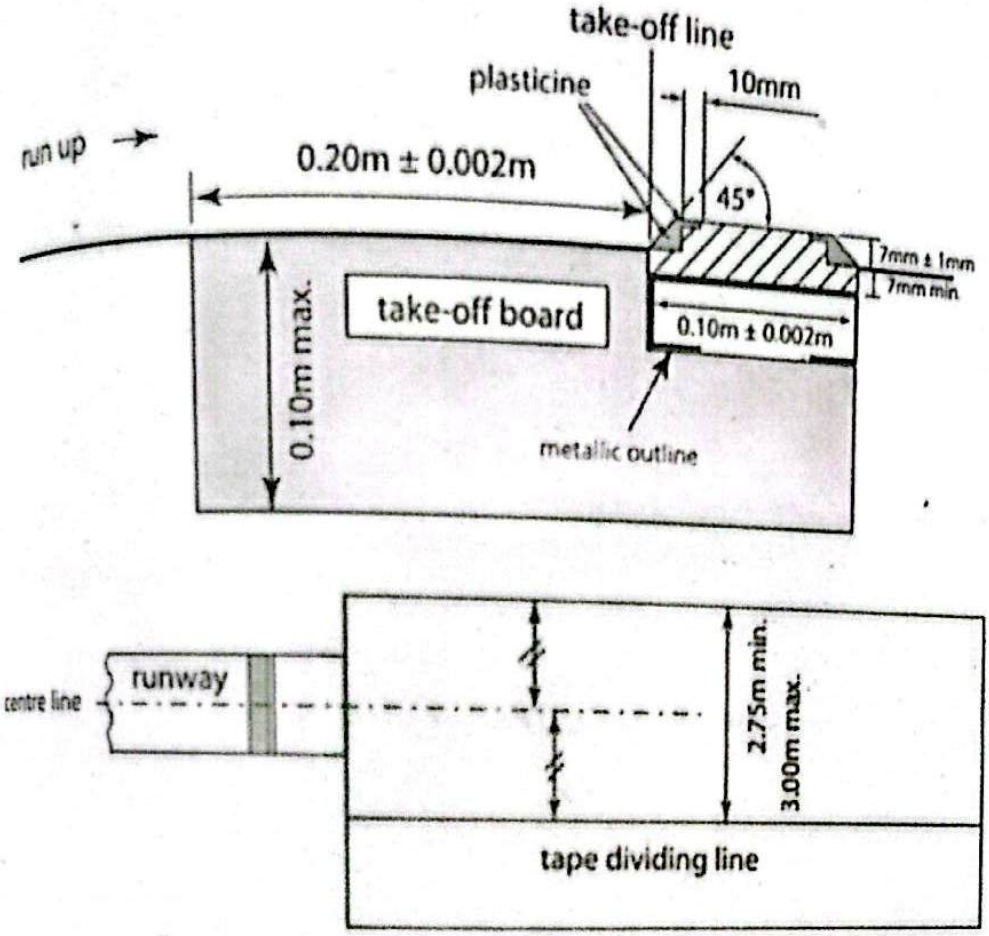
- Length of take off board = 1.22 m ± 0.01 m
- Width of take off board = 0.20 m ± 0.002 m

- Depth of take off board = 0.10 m
- Colour of take-off board = white

Plasticine Indicator Board:

Note: The plasticine indicator board shall consist of a rigid board.

- Length of Plasticine indicator board = 1.22m ± 0.01m
- Width of Plasticine indicator board = 10cm
- Depth of Plasticine indicator board = 10cm ± 2mm



Rules of Long Jump

- The athlete begins running from his or her starting position and jumps, landing in a sand pit.
- Jumping from beyond this line results in a 'foul jump'.
- No part of the athlete's foot should cross the front edge of the foul line.
- The long jumper has three attempts to register his or her best legal jump

- The Long Jump is an action of a single jump preceded by a
up.
- The jump is made by the athlete placing the takeoff foot on
mat and landing in the pit, usually on both feet.
- Each athlete is entitled to 3 jumps the best of which is recorded
as the jump. No jumps are included in the three jumps.
- The end of the take-off board is marked with a foul line.
- While taking off, the toe of the jumper's shoe needs to be behind
the foul line for a particular jump to be deemed legal.
- Crossing the line results in a foul jump and doesn't count.
- An athlete fails if:
  - He while taking off, touches the ground (including any part of
the plasticine board) beyond the take-off line with any part of
his body, whether running up without jumping or in the act of
jumping; or
  - He takes off from outside either end of the board, whether
beyond or before the extension of the take-off line; or
  - He employs any form of somersaulting whilst running up or
in the act of jumping; or
  - After taking off, but before his first contact with the landing
area, he touches the runway or the ground outside the runway
or outside the landing area; or
  - In the course of landing (including any overbalancing), he
touches the border of, or the ground outside, the landing area
closer to the take-off line than the nearest break made in the sand.
- An athlete shall not be regarded to have failed if:
  - He runs outside the white lines marking the runway at any
point;
  - He takes off before reaching the board; or
  - A part of his shoe / foot is touching the ground outside either
end of the take-off board, before the take-off line; or
  - If in the course of landing, he touches, with any part of his
body, or anything attached to it at that moment, the border
or the ground outside the landing area.
  - He walks back through the landing area after having left the
landing area in the manner

Technique of Long Jump

- There are four main components of the long jump: the approach run, the last two strides, takeoff and action in the air, and landing. Speed in the approach, and a high leap off the board are the fundamentals of success.
- There are four main components of the long jump: the approach run, the last two strides, takeoff and action in the air, and landing.

Triple Jump

Landing Area or Jumping Pit

- Length of Landing Area from take off board = 7 m to 9 m
- Width of Landing Area from take off board = 2.75 m to 3.0 m

Runway:

- Length of Runway = 40 m - 45 m
- Width of Runway = 1.22 m ± 0.01 m
- The colour of Runway line = white

The Take-off Board:

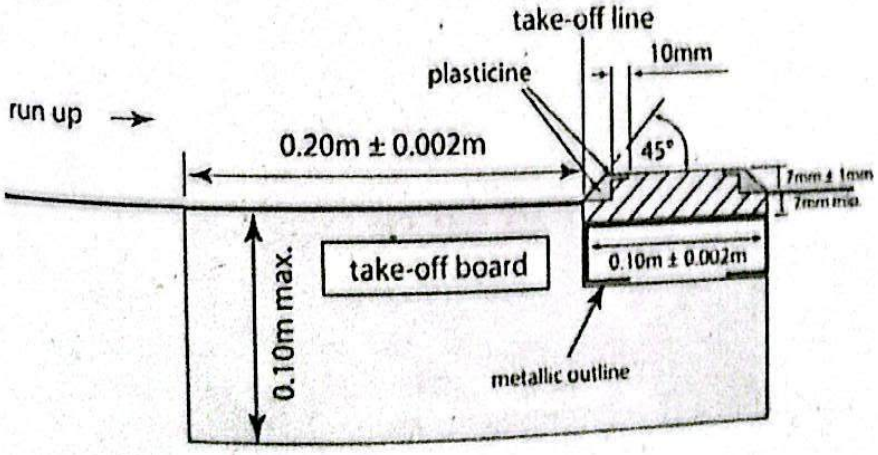
- Length of take off board = 1.22 m ± 0.01 m
- Width of take off board = 0.20 m ± 0.002 m

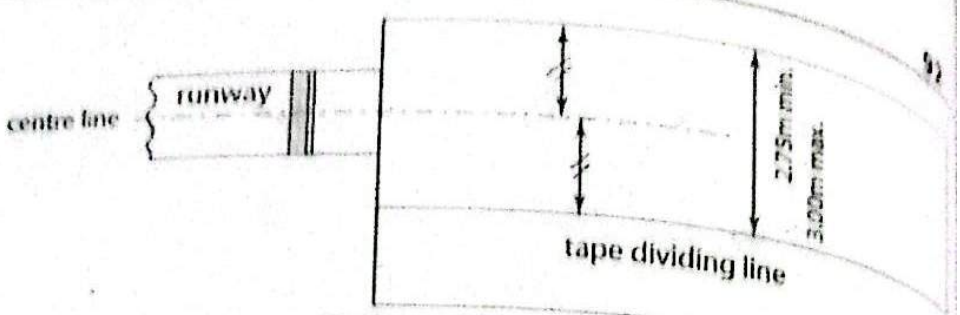
Take off Line:

- The distance between Take-off line from end of the landing area = 21m

Plasticine Indicator Board:

- Length of Plasticine indicator board = 1.22m ± 0.01m
- Width of Plasticine indicator board = 10cm
- Depth of Plasticine indicator board = 10cm ± 2mm





Rules of Triple Jump

- The Triple Jump shall consist of a hop, a step and a jump in that order.
- The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.
- It should be noted that it is not a failure (for that reason alone) if the athlete:
- Touches the white lines or the ground outside between the take-off line and the landing area; or
- If the athlete lands in the pit in the step phase through no fault of his own (i.e. if the Judge incorrectly indicated the take-off board) – in which such case the Referee would normally offer the athlete a substitute trial. It is, however a failure if the landing of the jump is not within the landing area.
- The athlete must execute a hop (take off and land on the same foot), step and jump. If either foot touches the ground out of this order, it is a fault.
- The distance of the run-up is unlimited.
- Start the jump before the board. If they go over the foul line on the take-off board, the attempt will be discarded as a foul.
- When jumping, the athlete must land on the same foot used to take-off (Hop).
- During the second phase, the athlete must land on the opposing foot and initiate the third phase of the jump.
- The athlete can land in the sand.

- The measured distance will be measured from the closest mark in the sand to the take-off point.

Technique of Triple Jump

- As you hit the take-off board, fully extend the take-off leg.
- Drive the opposite leg through and ensure the thigh is nearly parallel to the ground at take-off.
- Ensure balance of the whole body and pull the take-off leg and ankle into the bottom.
- Bring the take-off leg forward and rotate to the front of the body.
- Take-off leg begins to pull forward.
- With the take-off leg now in front of you, drive it downwards for the next phase.

High Jump

Apparatus

Uprights:

- Minimum distance between the uprights = 4.00m
- Maximum distance between the uprights = 4.04m

Crossbar

Length of the cross bar = 3.98m to 4.02m
Diameter of the crossbar = 30mm

Note:

- Crossbar supports shall be flat and rectangular.
- Crossbar supports wide = 40mm
- Crossboar support long = 60mm

Weight:

Weight of crossbar = 2kg

Supports of the crossbar

Atleast space between crossbar and uprights = 10mm

Landing Area:

- Maximum length of portable landing area = 5m
- Minimum length of portable landing area = 3m
- Height of landing area = 0.7m
- For international landing area = 6m × 4m × 0.7m

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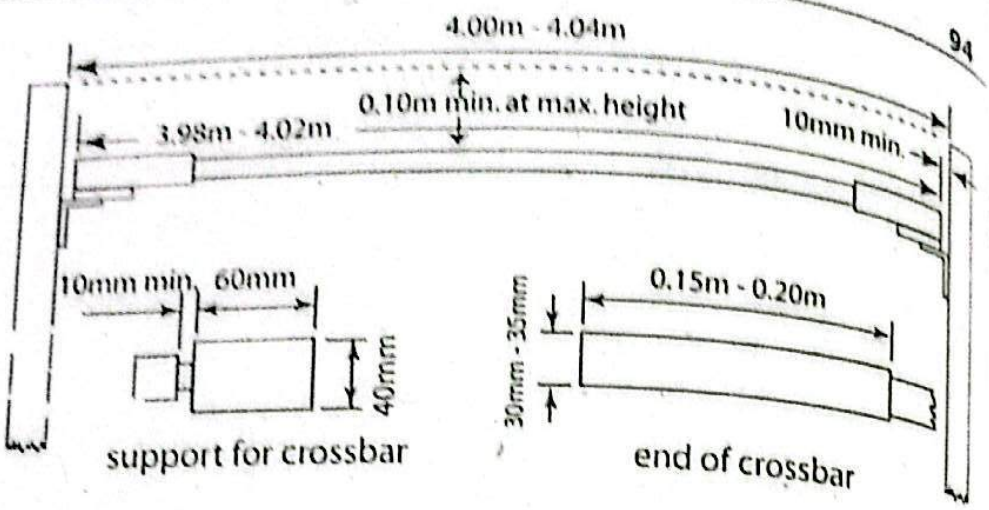


Rules of High Jump:

- Take-off must be made with one foot only.
- Dislodging of the bar or breaking the plane near the edge of the bar before clearing will not be counted as successful jump.
- Jumping height is decided by the Chief Judge. Players can accept the challenge or may pass it.
- If the competitor fails to jump the required height in three consecutive attempts then he/she will be disqualified from the competition.
- During the final match, whoever clears above the bar with highest height is declared as winner.
- **The more common failures include:**
- taking off with two feet.
- hitting the bar during the jump, causing it to fall off of its supports.
- touching the area beyond the uprights before jumping and clearing the bar.
- deliberately steadying the bar during the jump or replacing it after you jump.
- An athlete shall take off from one foot.
- An athlete fails if:
- After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or

- He touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar.
- He touches the crossbar
- The uprights or posts shall not be moved during the competition unless the Referee considers that either the take-off or landing area has become unsuitable.
- In such a case, the change shall be made only after a round of trials has been completed.

Technique of High Jump

- The athletes should start at an angle about 30 degrees to the bar, using an 8 -10 stride run-up. The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing.) The athlete's body should remain upright and they should aim to land on their feet or their bottom.
- Many styles have evolved, including the now little-used scissors, or Eastern, method, in which the jumper clears the bar in a nearly upright position; the Western roll and straddle, with the jumper's body face-down and parallel to the bar at the height of the jump; and a more recent backward-twisting, diving style ...
- The High Jump comprises of three main elements: the approach; **the takeoff and the bar rotation**. A good approach to high jump coaching is to look at and work on these three elements individually. Here we explain in more detail the technical aspects of a Fosbury flop high jump technique.
- However, the **Fosbury Flop**, which involves going over with the jumper's back to the bar, popularised by the 1968 Olympic champion Dick Fosbury, is now almost exclusively the technique adopted by all the top high jumpers. Javier Sotomayor won Olympic gold at the 1992 Barcelona Olympics.

Jump-off

a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.

b) Each athlete shall have one jump at each height.
c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the height last cleared by the athletes concerned.
d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.
e) If an athlete is not jumping at a height he automatically forfeits any claim to a higher place. If only one other athlete then remains he is declared the winner regardless of whether he attempts that height.

High Jump - Example

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

Athlete	Heights							Failures	Jump Off			Pos
	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m		1.91m	1.89m	1.91m	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

A, B, C and D all cleared 1.88m.

Rules 181.8 and 181.9 now come into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

"D" has more failures than "A", "B" or "C", and is therefore awarded fourth place. "A", "B" and "C" are still equal and as this concerns the first place, they shall jump at 1.91m which is the next height after the height last cleared by the athletes concerned.

As all the athletes failed, the bar is lowered to 1.89m for another jump-off. As only "C" failed to clear 1.89m, the two other athletes, "A" and "B" shall have a third jump-off at 1.91m which only "B" cleared and is therefore declared the winner.

Pole Vault

Runway:

- Minimum Length of Runway measured from the zero line = 40m
- Maximum length of Runway measured from the zero line = 45m
- Width of Runway = 1.22 ± 0.01m
- Width of lines = 50mm
- Colour of the lines = white

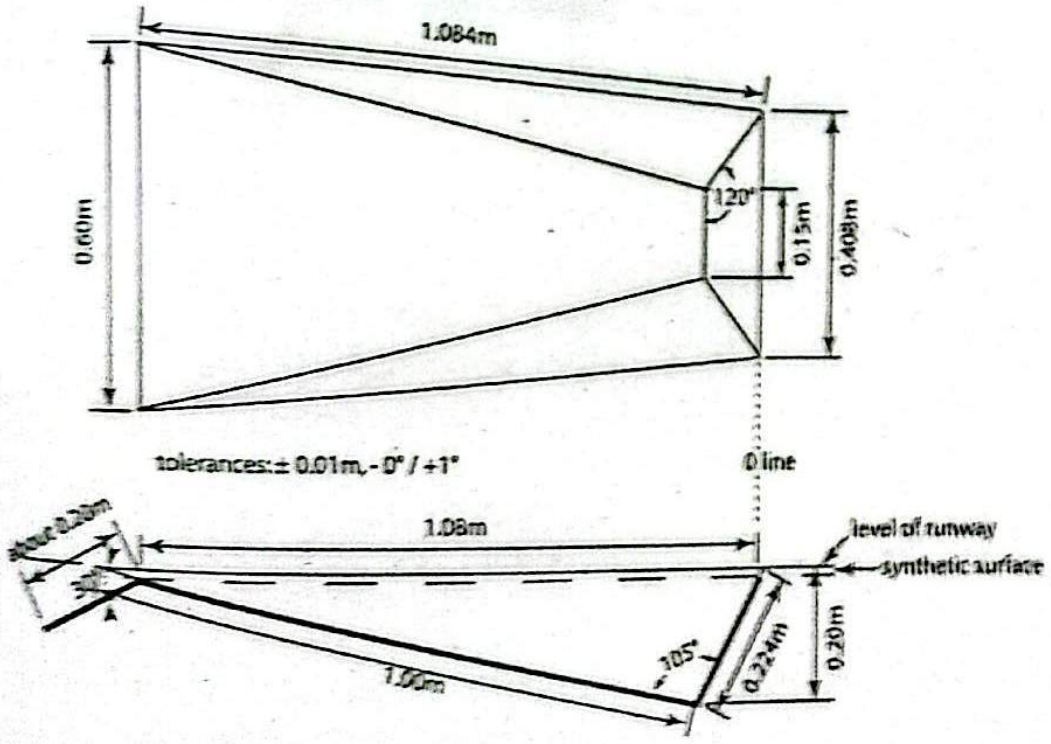
Apparatus

- Depth of the stop board are determined by the angle = 105°
- Length of stop board backside = 1.084m
- Width of stop board = 0.408m
- Width of stop board front = 0.60m

  Note: The base of the box shall slope from runway level.
- Cross bar length = 4.50m ± 0.02m
- Weight of the cross bar = 2.25 kg
- Diameter of the cross bar = 30 mm ± 1mm

Landing Area

- Minimum length of landing area = 6m
- Width of Landing Area = 6m
- Height of Landing Area = 0.8m



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- In case three competitors are there, a window gap of four minutes is allowed and in case one is remaining, a max of six minutes of window gap can be allocated to perform.

Rules regarding Competitions

- No artificial weights or aid are allowed to be used in the competition.
- Using shoes that can give unfair advantage to an athlete is strictly prohibited.
- Unless there is a wound, no tapping is allowed on any part of the fingers. However, tapping at the wrist is allowed.
- Without the permission, no athlete is allowed to use the pole of any other competitor.
- Planting box must be checked properly to make sure that it is free from any foreign substance.

Rules regarding Foul

A foul in Pole Vault is caused due to any of the following reasons –

- Displacing the crossbar from its original position with the help of pole or athlete's body.
- Failing to cross the crossbar after being lifted up from the ground.
- Without clearing the bar, touching any part of ground or landing part with either body or pole.
- Incorrect upright position during the clearance of crossbar.
- Displace the crossbar by connecting an upright after the clearance
- Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.
- An athlete fails if:
- After the vault, the bar does not remain on both pegs because of the action of an athlete whilst vaulting; or
- He touches the ground, including the landing area, beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or

- After leaving the ground, he places his lower hand above the upper one or moves the upper hand higher on the pole; or
- During the vault, he steadies or replaces the bar with his hand(s).

Techniques of pole vault

Run up

- Maximum controllable speed
- Eyes on the box
- Knees high
- Running tall
- Posture erect
- Correct handhold

Plant

- Standing tall and straight
- Arms in position early
- Straight left arm - not locked
- Knees come through fast
- Right arm straight above the head
- Left foot take-off
- Right knee drive to the athlete's right side of the pole

Swing

- Stay down in pole
- Right arm stretched
- Left arm tight
- Right knee up fast
- Driving straight ahead
- Stay away from the pole
- Eyes focused on right hand or pole tip

Rock back

- Knees back and up
- Eyes on feet or pole tip
- Right arm still stretched
- Left arm collapsing

Clearance

- Hips thrust

- Arm pulling on the pole
- Body turning

Followed by:

- Arms pushing on the pole
- Body arching over the pole
- Push the pole away

Shot Put

Construction of Shot

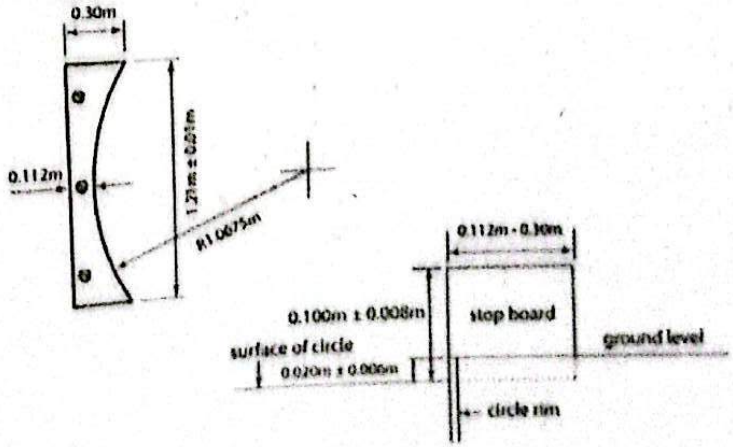
- The weight of the Shot for men = 7.26 kg (16 pound)
- The weight of the Shot for women = 4 kg (8.82 pound)
- Diameter of the shot put for men = 110-130 mm (4.3–5.1 inches)
- Diameter of the shot put for women = 95-110 mm (3.7-4.3 inches)

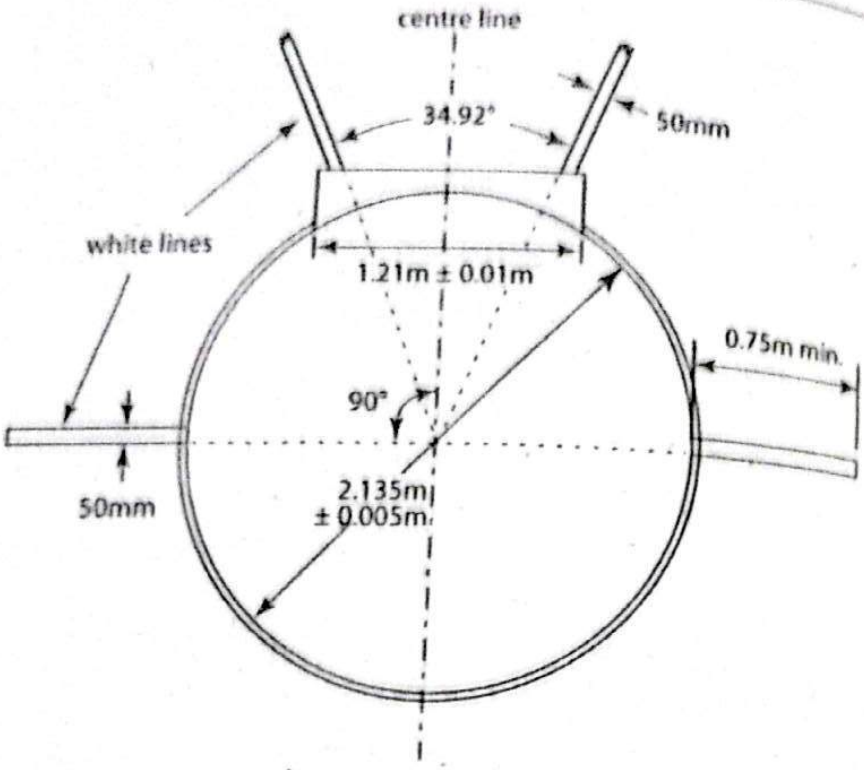
Landing Sector:

- Diameter of inside the circle 2.135 meter (7 feet)
- Circle Sector angle: 34.92°
- Throwing Circle = 2.135m ± 0.005m
- Width of sector lines = 5cm lines
- Depth of ring = 6mm
- Length of scratch line = 75cm (both sides)

The Stop Board:

- Inside the measurement of stop board = 1.14m to 1.16m
- Width of stop board = 11.2 cm to 30cm
- Depth of stop board = 10cm (± 2mm)





Rules of Shot Put

- The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
- (1) The Chief Judge will watch over the whole of the event.
  (2) Two Judges checking whether the put has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the put has been measured, it is advised that the Judge stands in the circle holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed in the circle instead. (In some competitions this position is assumed by the Chief Judge of the event.)

Technique of Shot Put

Goal One: Shot Put Grip and Placement

1. Holding the shot put

- The shot is held at the base of the fingers, not the palm
- The fingers are slightly spread apart with the thumb for support.
- The hand will be bent back in the cocked position when holding the shot. It looks like you are carrying a pizza

2. Neck placement

- Raise the shot above your head.
- Lower the shot straight down until it is under your jaw
- Push the shot into your neck.
- Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back.
- Check to see that your thumb is pointing down towards your clavicle.
- The palm should be pointing towards the throwing direction

Goal Two: Delivery of The Shot Put

1. Delivery of the shot

- Eyes to the ceiling.
- Punch the shot away from the neck.
- Keep the elbow high at all times. Lowering the elbow can cause the shot to be thrown like a baseball and could result in an injury.
- Finish the punch with a flip of the wrist.
- The left side of the body will be stopped and locked to help form the block.
- The left arm will be tucked close to the side of the body

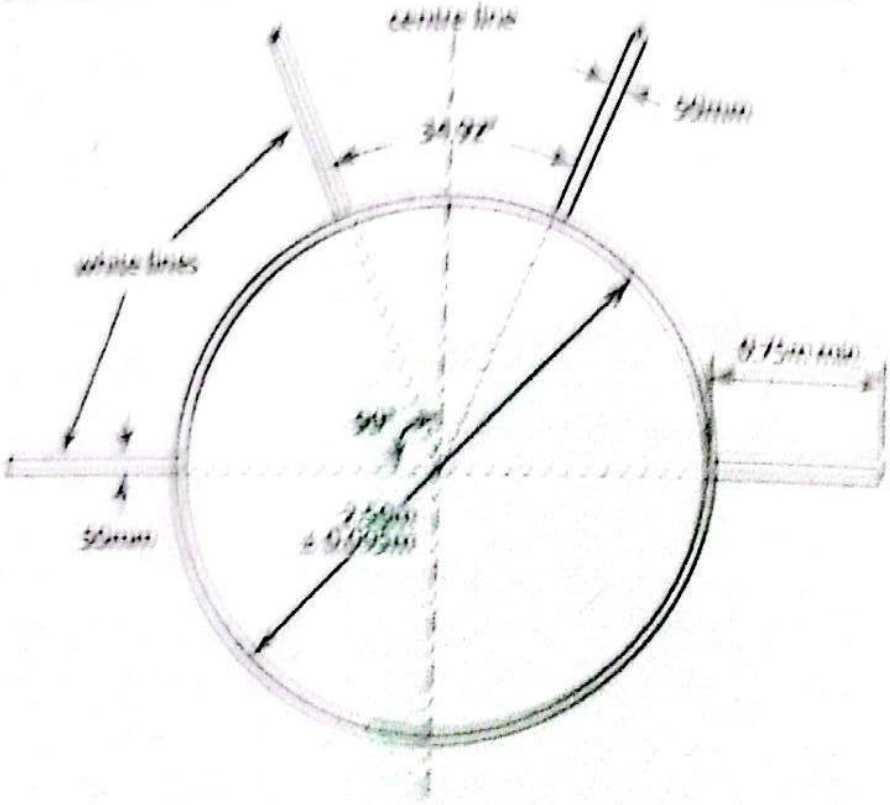
Discus Throw

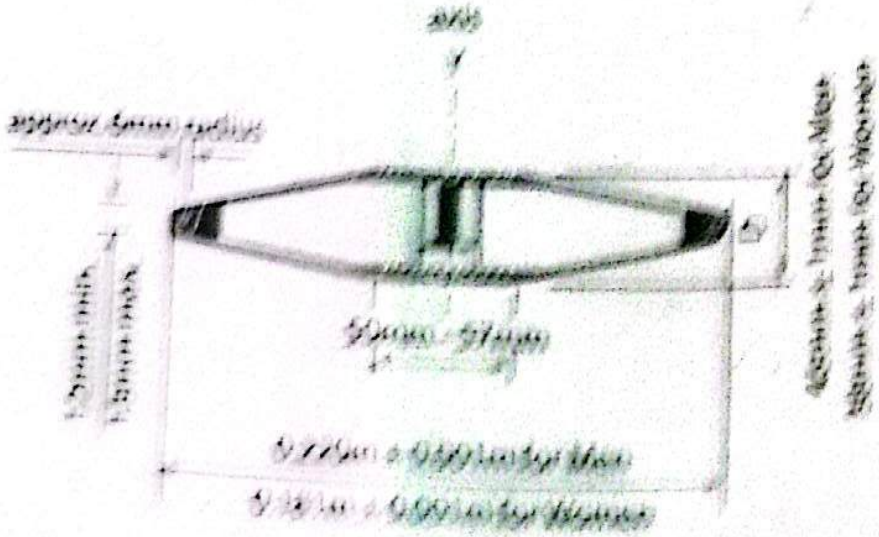
Discus Throwing circle

- Diameter of inside circle – 2.5m ± 5mm
- Depth of Rim – 6mm
- Width of Rim – 5cm
- Colour of Rim – white

Discus Throwing Area

- The shape of protective cage = "U"
- Height of protective cage = 4m
- Angle of sector = 34.92°
- Width of lines of sector = 5cm lines
- Weight of discus for men = 2kg
- Weight of discus for women = 1kg
- Diameter of Discus for men = 219mm – 221mm
- Diameter of Discus for women = 180mm – 182mm





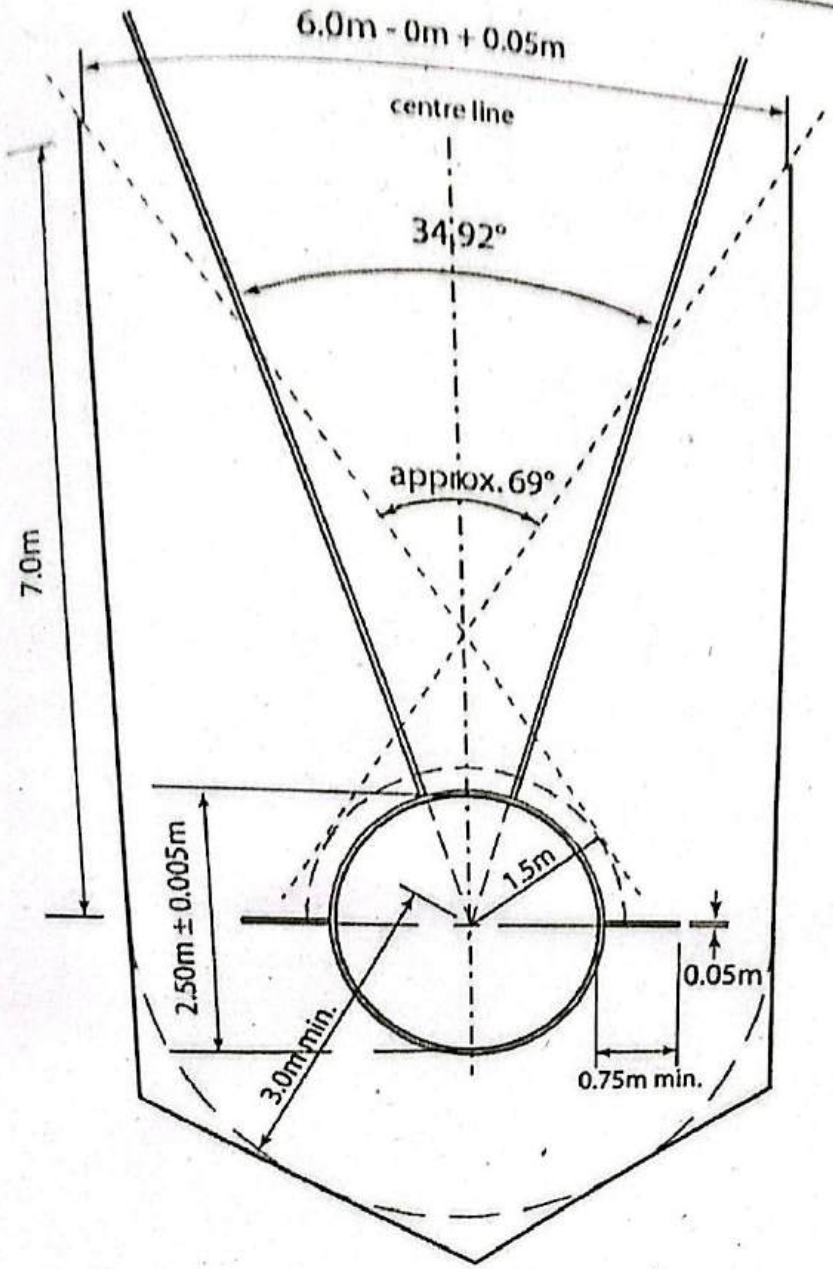


Fig: Cage for Discus Throw only

Rules of Discus Throw

- Two Judges checking whether the throw has been made correctly and measuring the trial. One must be provided with two flags – white to indicate if the trial is valid and red if it is a failure. When the throw has been measured, it is advised that the Judge stands at the entrance to the cage holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed at this point instead.

- Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured if the implement lands outside the sector either this Judge or the one with the spike/prism (whichever is closer to the line) should indicate this by holding his arm outstretched. No indication is required for a valid trial.
- Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.
- Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).
- Judge in charge of the scoreboard (trial-number-result).
- Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

Technique of Discus Throw

Follow the simple steps described below.

- Stand with your legs and shoulders wide apart.
- Position yourself vertical to the throwing direction.
- Place the discus in your throwing hand.
- Swing the discus in a forward-back manner next to your body.
- Squeeze the discus properly.
- Position the throwing palm flat.

Javelin Throw

Construction of Javelin:

- Javelin weight for men = 800 gram
- Javelin weight for women = 600 gram
- Minimum length for men = 2.60m
- Minimum length for women = 2.20m
- Maximum length for men = 2.70m
- Maximum length for women = 2.30m
- Minimum width of grip for men = 15cm
- Minimum width of grip for women = 14cm
- Maximum width of grip for men = 16cm
- Maximum width of grip for women = 15cm

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Javelin has three parts:

- Mental Head
- Shaft
- Cord grip

Runway:

- Minimum length of Runway – 30m
- Maximum length of Runway – 36.50 m
- Width of Runway – 4m
- Length and width on the runway – 4m × 4m
- Width of runway lines – 5cm
- Length of scratch line from both sides – 75cm
- Depth of scratch lines – 7cm
- Landing Sector – 29° approx.
- Colour of lines – white

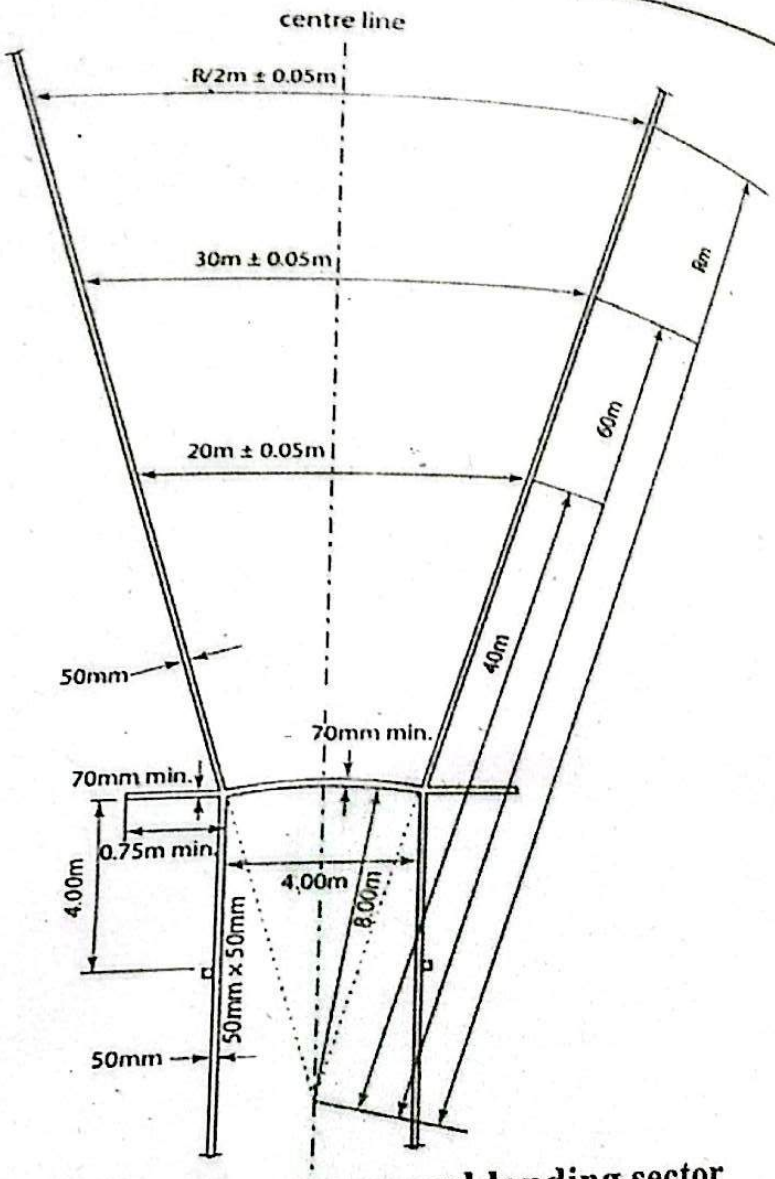
Note:Radius of 8.00m from the centre point in the middle of the runway.

Throwing Arc:

- Depth of throwing arc = 7cm

Rules of Javelin Throw

- Holding the javelin must be done at the grip part and should always be maintained above the shoulder level.
- For valid throw, the javelin must lie before the specified zone and its tip should hit the ground.
- There is a special marking line on the runway within which the athlete needs to throw.
- The athlete should not leave the ground until the javelin lands on the ground.
- After the throwing action has been made, the thrower should not turn back towards the pointing direction, until it lands.
- The number of throws allowed per athlete is same as that of the discus throw.



Javelin Throw runway and landing sector

- Once the competition has started, the athletes cannot use the perimeter for practice purpose.
- Using any device that may assist the thrower in throwing is strictly prohibited. For example, tapping of fingers are not allowed unless there is a wound.
- The throw will be considered as a foul in the following cases:
- Improper throw of the javelin in the attempt.
- Demarking of the line with any body part.
- Player going out of the marking line while throwing
- The tip of the javelin lies outside the edges of the landing sector.

- The time is increased to 1 minute if there are 2-3 number of competitors. In case only one competitor is left, time is increased to 2 minutes.
- Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.
- To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow. At all times the javelin is above shoulder height, with the tip pointing forward.
- The run-up for beginners should be a controlled 3-5 steps.

When is a foul recorded?

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw.
- If the javelin does not land point first.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

Technique of Javelin Throw

Step 1: Grip

There are three ways to grip a javelin. If you are new to the sport, try all three grips to find what suits you best. Your palm should face upwards with the javelin resting in your palm.

Step 2: Prepare for run-up

Hold the javelin above your shoulders. Aim it in the direction of the throw with the tip pointing slightly downward. Your right elbow (assuming you are right-handed) should point forward.

Step 3: Run-up

Experienced throwers commonly take 13 to 17 steps. Novices should try shorter run-ups. When running, maintain the position of the javelin.

Step 4: Crossover

As you put forth your right foot, your body should tilt back at about 115 degrees. Take two strides, then turn your body so the left hip points toward the target area. Your left leg should cross over your right as you pull the javelin back. Your throwing hand should be horizontal with your shoulders and your arm should be extended and straight.

Step 5: Throw

Keeping your sight on the target area, ground your left leg and push off with your other leg. Transfer your weight forward and thrust your throwing arm up and forward. Let loose the javelin when your hand is ahead of the front foot and at its apex. Follow through completely.

Hammer Throw

The hammer throw is metal ball with a swivel, which the ball is attached to a wire with a handle. Hammer Throw is regarded as a strength event. The Hammer Thrower is required to throw a steel ball with a steel wire attached to it as far as possible. Depending on the age and gender of the athlete the weight of the implement will vary between 3kg to 7.26kg.

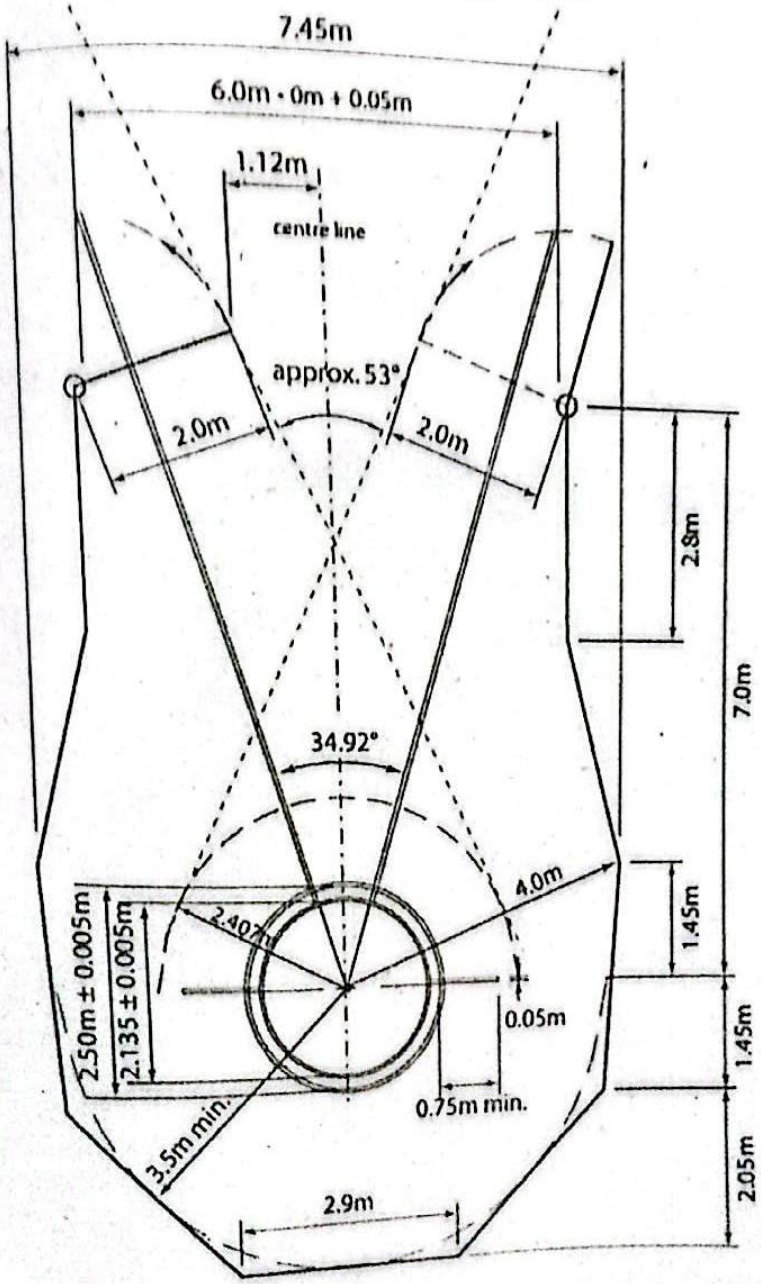
Rules of Hammer Throw

1. The hammer is thrown with two hands.
2. The athlete starts his movements at the back of the circle
3. The athlete starts the throw winding the implement over head
4. The hammer will have a circular orbit and the hammer is released high over one's shoulder.
5. The hammer is released at the front of the circle.
6. The athlete my not touch the top or outside of the circle during or after the implement is released
7. The athlete must exit the back of the circle after the implement is released.

8. If the athlete breaks these rules, then the throw is considered a foul and it is not measured.
9. The grip should be attached to the wire in such a manner that it cannot be turned within the loop of the wire.

Hammer Cage

1. The cage should be U-shaped.
2. The width of the mouth should be 6m, positioned 7m in front of the center of the throwing circle.



3. The end points of the 6m wide mouth shall be the inner edge of the pivoted netting.
4. The height of the netting panels or draped netting at their lowest point shall be at least 7m.
5. All hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes.
6. The cage should be designed, manufactured and maintained so as to be capable of stopping a 7.260kg hammer head moving at a speed of up to 32 metres per second.

Fig: Cage for Hammer and Discus Throw with concentric circles

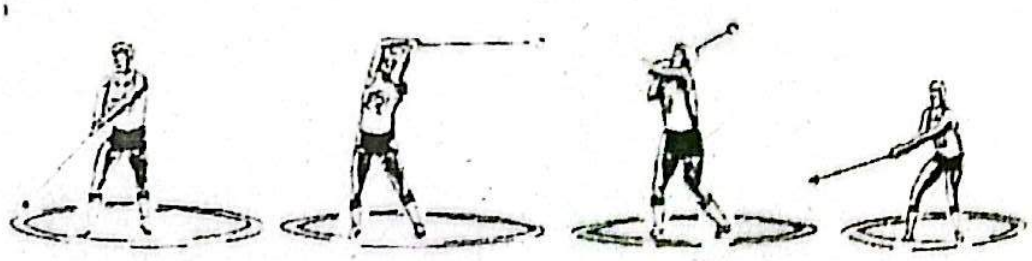
Techniques of Hammer Throw

The grip

The athlete's left hand, wearing the glove, grips the handle between the 2nd and 3rd joints of the fingers and the right hand is then placed inside the handle on top of the left hand.

The swings

The athlete stands at the rear of the circle feet parallel, with back towards the throwing sector. The preliminary swings are used to commence the momentum of the throw.



The athlete, in general, uses two swings, but more or less can be used. The swing starts from behind the right side of the body, taking the hammer forward away from the body and over the head. This will achieve a low point of the hammer ball in front of the body and a high point behind.

The entry

At the end of the swings, the athlete is about to enter the turning phase. With the hammer directly in front of the thrower, the

low point, the turns commence. The shoulders are relaxed, head passive, trunk engaged, knees and hips flexed, feet remaining in contact with the circle. The hammer is pushed to the left and the turns are started.

The turns

The number of turns performed is a personal choice, but in general 3 or 4 are used. These are a series of movements performed to increase the speed of the hammer using balance through the feet, and power from the legs and hips. The feet are working together throughout the throw.

Short questions

Write Down the Answers to these Shorts Questions.

Q. 1 Why is track and field called athletics?

Ans. The name is derived from the Greek word "athlon" meaning "contest." Some languages such as German and Russian refer to these sports as "light athletics" to differentiate them from sports like weight lifting, wrestling, and so on. ...

Q. 2 Do sprinters breathe during 100m?

Ans. Basically elite sprinters will take maybe one or two breaths throughout the entire 100m, and then catch up afterwards

Q. 3 How many jumps are in the long jump?

Ans. The Long Jump is an action of a single jump preceded by a run-up. The jump is made by the athlete placing the take off foot on the mat and landing in the pit, usually on both feet. Each athlete is entitled to 3 jumps the best of which is recorded as the jump.

Q. 4 Who invented long jump?

Ans. History. The origins of the long jump can be traced to the Olympics in Ancient Greece, when athletes carried weights in each hand. These were swung forward on take-off and released in the middle of the jump in a bid to increase momentum.

Q. 5 What is a foul in long jump?

Ans. Foul Jump. A foul jump refers to an attempt in which the long jump competitor has broken one or more of the event rules. The distance travelled by the athlete in a foul jump will not be

recorded or considered in determining the winner. A foul jump is signaled by the raising of a red flag by an event official.

Q. 6 What are the three rules of long jump?

Ans. The athlete begins running from his or her starting position and jumps, landing in a sand pit. ...
Jumping from beyond this line results in a 'foul jump'. ...
No part of the athlete's foot should cross the front edge of the foul line.

Q. 7 How many trials are given in long jump?

Ans. Three trials
Each competitor shall be allowed three trials.
a) The take-off shall be from a board (or behind it).
b) If the competitor touches the ground beyond the take-off line or the take-off line extended, it is a foul and counts as one trial.

Q. 8 How was high jump invented?

The first recorded high jump event took place in Scotland in the 19th century.

Q. 9 Can you touch the bar in high jump?

Ans. Knocking the bar off its supports constitutes a failed attempt, and three failures at a given height disqualify the contestant from the competition.

Q. 10 What is a foul in high jump?

Ans. A foul jump refers to an attempt in which the high jump competitor has broken one or more of the event rules.

Q. 11 What are the types of jumping?

Ans. The jumping events are long jump, triple jump, high jump and pole vault

Q. 12 What are the four stages in high jump?

Ans. The high jump comprises four phases: approach, take off, flight and landing.

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Multiple Choice Questions

Choose the Correct Answers.

1. What event involves throwing a heavy ball?
   (a) Shotput (b) 100 meter dash
   (c) Long jump (d) High jump
2. Which of the following is a field event?
   (a) 1500 meter (b) 1600 meter
   (c) Javelin (d) 200 meter
3. Which of the following is a track event?
   (a) Long jump (b) High jump
   (c) Shotput (d) None of these
4. What is the length of a standard running track?
   (a) 300 meters (b) 400 meters
   (c) 200 meters (d) 100 meters
5. How can an athlete be disqualified from a running event?
   (a) Foot is not behind the starting line
   (b) Stop before the finish line
   (c) Running out of your lane
   (d) All of the above
6. How many people run on a relay team?
   (a) 3 (b) 5 (c) 4 (d) 6
7. A 100 meter run is considered a _____.
   (a) Sprint (b) Middle Distance
   (c) Long Distance (d) Field Event
8. A typical outdoor track is how many meters in length?
   (a) 100 (b) 200
   (c) 300 (d) 400
9. A 3,000 meter run is considered a _____.
   (a) Sprint (b) Middle Distance
   (c) Long Distance (d) Field Event

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CROSS-COUNTRY

Cross Country Running events are held indifferent conditions throughout the world.

Distances

Distances at World Athletics Cross Country Championships should be approximately:

Men:	10km
u20 men:	8km
Women:	10km
u20 Women:	6km

The distances recommended for u18 competitions should be approximately:

u18 men:	6km
u18 Women:	4km

Course

The course must be designed on an open or woodland area, covered as far as possible by grass and interesting race course. A loop course must be measured between 1500m and 2000m.

It is recommended that each long loop should have a total ascent of at least 10m. Natural obstacles shall be used if possible. However, very high obstacles should be avoided.

The course shall be clearly marked with tape on both sides. Crucial areas must be heavily fenced; in particular the start area and finish area.

Start

The races shall be started by the firing of a gun, cannon, air horn or like device.

In races which include a large number of athletes, five minute, three-minute and one-minute warnings should be given. Organizers of Cross Country Races shall ensure the safety of athletes and officials.

Drinking and Refreshment Stations

Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging

station shall be provided every lap, if weather conditions warrant such provision.

Race Conduct

If the Referee is satisfied on the report of a Judge or umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, they shall be disqualified.

Walk - Race

Definition

Race Walking is a progression of steps in which walker makes contact with the ground and did not loss of contact occurs.

The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Distance

outdoor: 5000m, 10km, 10,000m, 20km, 20,000m, 50km, 50,000m.

Judging

The Chief Judge shall act as the supervising official for the competition. The Chief Judge shall appoint judges and Recorder as per requirements.

Chief Judge has the power to disqualify an athlete in the last 100m, when their mode of progression obviously fails to comply as per rules.

An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. They shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

Yellow Paddle

When a Judge is not completely satisfied that an athlete is fully breaking the rule, he will show the athlete a yellow paddle to the athlete. The Judge shall inform the Chief Judge of their action after the competition.

Red Cards

When a Judge observes an athlete to break the rule or visible loss of contact or a bent knee during any part of the competition Judge will show Red Card and will inform to the Chief Judge.

Disqualification

When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and they shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. An athlete who is disqualified shall immediately leave the track. After the end of the event, Chief Judge shall report to the referee of all athletes disqualification

Start

Races shall be started by the firing of a gun and on the command "On your marks. The starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

Drinking and Refreshment Stations

Water and other suitable refreshments shall be available at the start and finish of all races. For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals.

Combined Events Competitions Men (Pentathlon and Decathlon)

The Pentathlon consists of five events which shall be held on one day in the following order:

Long Jump; Javelin Throw; 200m; discus Throw; and 1500m.

The men's decathlon consists of ten events which shall be held on two consecutive 24-hour periods in the following order:

First day:

100m; Long Jump; shot Put; High Jump; 400m.

Second day:

110m Hurdles; Discus Throw; Pole vault; Javelin Throw; 1500m.

General

In Combined events, an interval of at least 30 minutes between the time one event ends and the next event begins. The finish of the last event on the first day and the start of the first event on the second day should be at least 10 hours.

The heats and groups shall be arranged by the Technical delegate(s) or Combined events Referee.

In the long Jump and each of the throwing events, each athlete shall be allowed three trials only.

If Fully Automatic Timing and Photo Finish system is not available, each athlete's time shall be taken by three Timekeepers independently.

In the Track events, only one false start per race shall be allowed without the disqualification of the athlete.

In the vertical Jumps, each increase of the bar shall be uniform throughout the competition: 3cm in the High Jump and 10cm in the Pole vault.

Any athlete failing to continue a trial in one of the events shall not be allowed to take part in the subsequent events and will not include in the final classification.

Any athlete deciding to withdraw from a combined events competition shall immediately inform the combined events Referee of their decision.

The athletes shall be placed in order according to the total number of points obtained.

Short Questions

Write Down the Answers to these Shorts Questions.

Q. 1: What is Race Walking?

Ans: racewalking, or race walking, is a long-distance discipline within the sport of athletics. Although a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times.

Q.2: How Much Distance in Race Walking?

Ans: There are two race walking distances contested at the Summer Olympics: the 20 kilometres race walk (men and women) and 50 kilometres race walk (men only).[1] Both are held as road events.

Q.3: How many Rules for race walking?

Ans: There are only two rules that govern racewalking.[6][7] The first dictates that the athlete's back toe cannot leave the ground until the heel of the front foot has touched. Violation of this rule is known as loss of contact. The second rule requires that the supporting leg must straighten from the point of contact with the ground and remain straightened until the body passes directly over it.

Q.4: How much distance for Race walk?

Ans: Races have been walked at distances as short as 3 kilometres (1.9 mi) at the 1920 Summer Olympics, and as long as 100 km (62.1 mi)

Q,5: How disqualification in race walking?

Ans: There are judges on the course to monitor form. Three judges submitting "red cards" for violations results in disqualification of the competitor. There is a scoreboard placed on the course so competitors can see their violation status. If the third violation is received, the chief judge removes the competitor from the course by showing a red paddle.

Q. 6: What are the rules and regulations of cross country?

Ans: A Cross Country team is made of seven runners. The top five runners are the "scoring" members and the remaining two have the important job of displacing the scorers on opposing teams.

Q.7: What are the qualifications to run cross country meet?

Ans: In a Cross Country meet, you are required to run 3.1 miles. To do this you must be trained well enough meaning you have been able to run the distance before and maybe even more.

Q.8: How many runners are on a cross country team?

Ans: A Cross Country team is made of seven runners. The top five runners are the "scoring" members and the remaining two have the important job of displacing the scorers on opposing teams.

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what happens if you get disqualified in a cross country race?

Ans: Cross country disqualifications can be critical to getting a team placement. Each time an individual runner gets disqualified the less runners to cross the finish line.

Q.32: Do high school teams participate in the state cross country meet?

Ans: The WIAA does not allow high school teams to participate in the meets but, does allow "club teams" to participate.

Q.33: What are the rules of race walking?

Ans: In race walking, however, athlete must always have one foot in contact with the ground at all times as visible to the human eye.

Q.34: Is race walking a legal sport?

Ans: Although many rules regular competitive walking and this definition, (in two parts) serves to characterize legal race walking.

Q.35: What is the difference between running and race walking?

Ans: Race walking differs from running, where at athlete often has both feet off the ground during their stride in a sprint.

Q.36: How many walk judges are there in a road race?

Ans: Depending upon the path and distance of the road course up to nine walk judges are spaced to check the walking technique of the athletes.

Q.37: What are the events in a modern pentathlon?

Ans: Oddly enough there are now four events in a modern pentathlon. It was invented by Baron De Coubertian for the first modern olympics and represents a spy getting a message through enemy lines.

Q.38: How long is the decathlon at the Olympics?

Ans: The Olympic men's decathlon is a grueling competition of ten track and field events held over a two-day period.

Q.39: What are the different types of pentathlons?

Ans: The pentathlon for men is a one day event of LJ, JT, 200m, DT, 1500m. There is also an outdoor throws pentathlon of the five main throwing events (SP, DT, WT, HT, JT).

Q.18: What equipment is used in pentathlon?
Ans: The equipment used in fencing are divided in two categories namely protective clothing and weapon.

Multiple Choice Questions

Choose the Correct Answers.

1. Short sprints in the elementary physical education program should cover distances of _____.
   (a) 40 to 100 yards ✓
   (b) 150 to 200 yards
   (c) 100 to 150 yards
   (d) 40 to 200 yards
   (e) 50 to 100 yards
2. Which of the following is an activity that is appropriate for Developmental Level I?
   (a) High jump
   (b) Hurdling
   (c) Hop-step-and-jump
   (d) Relay
   (e) Standing long jump ✓
3. Activities appropriate for children at Developmental Level III include which of the following?
   (a) 40- to 60-yard sprints
   (b) Sprinter's start
   (c) Jogging and cross-country running
   (d) High jump ✓
   (e) Standing start
4. The advantage claimed for the _____ is that it forces the body to lean and uses the forward thrust of the arm coordinated with stepping off on the opposite foot.
   (a) sprinter's start
   (b) kneeling start
   (c) Norwegian start ✓
   (d) standing start
5. In distance running, as compared with sprinting, the body is more _____ and arm motion is less pronounced.
   (a) Crouched
   (b) Ready
   (c) Erect ✓
   (d) Sideways
6. In the running long jump, _____.
   (a) A longer run will always result in a farther jump.
   (b) A short run is all that is necessary. ✓
   (c) A sideward landing direction is preferable to a forward landing direction.
   (d) The jumper should strive for length, not height.

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Looking back over the shoulder to receive the baton from an incoming runner is called _____.
(a) The Olympic pass (b) A blind mass
(c) An alternating relay exchange **(d) The visual pass ✓**

The baton passing method suggested for long-distance running is called the _____.
(a) hand-to-hand method
(b) right- to left-hand method ✓
(c) hand-it method (d) pass-it method

In proper sprinting form, the body leans in which direction?
(a) Backward (b) Straight up
(c) Sideways **(d) Forward ✓**

10. A period of _____ should precede competition or all-out performance.
(a) Classroom lectures on rules (b) Rest
(c) Conditioning ✓ (d) Stretching only

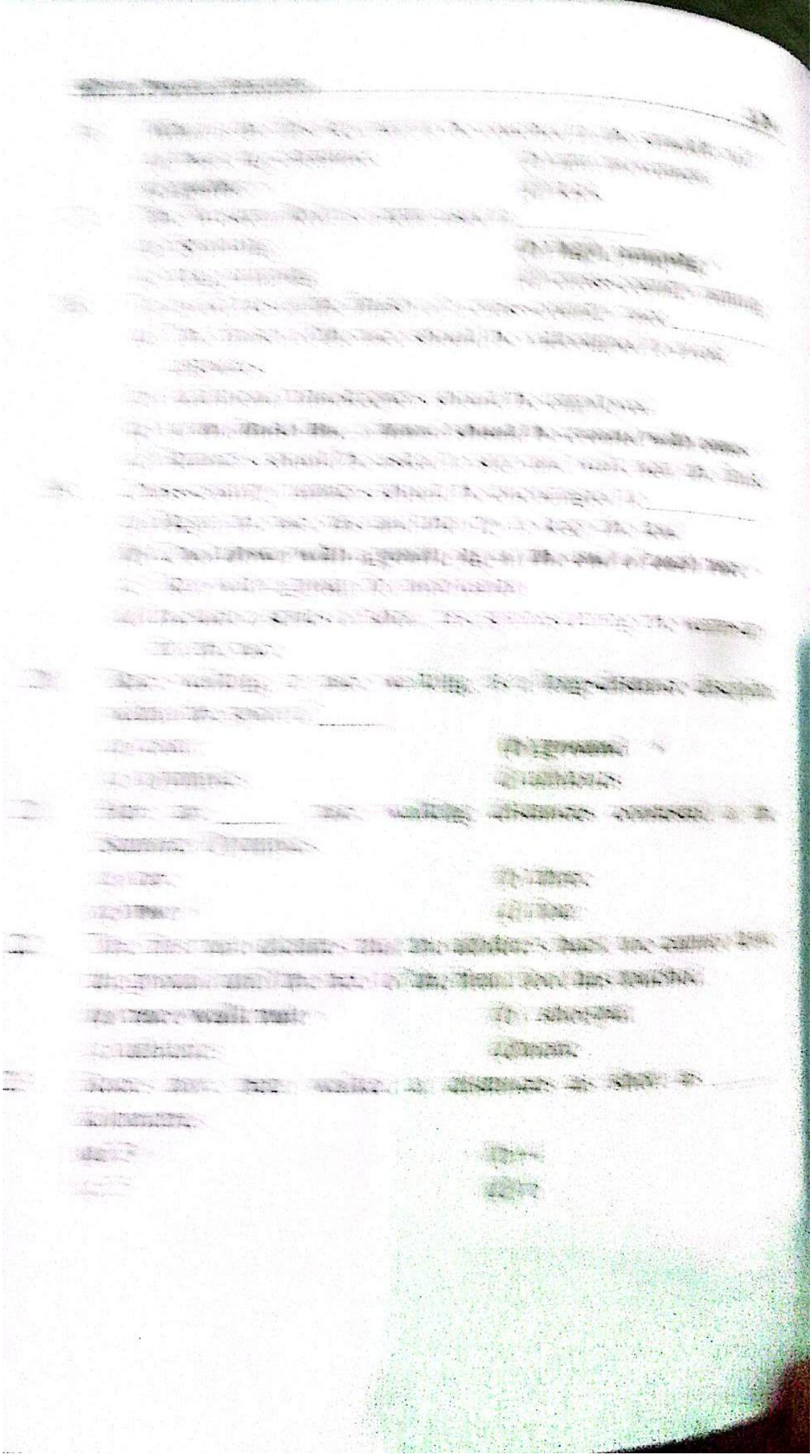
11. When organizing for track and field instruction in physical education, teachers should group children by _____.
(a) Classroom (b) Age
(c) Experience **(d) Height and weight ✓**

12. The hurdles should _____ when struck by runners.
(a) move slightly but not fall **(b) tip over easily ✓**
(c) bounce back (d) not move

13. Students who are running long distances need to learn ____.
(a) looking over their shoulder (b) breathing
(c) pacing ✓ (d) stretching

14. Emphasis on cross-country running should be on _____.
(a) The farthest distances run in a specific time
(b) Individual competition
(c) Having children individually improve their own personal time over a set distance ✓
(d) Team competition

15. Checkpoints in cross-country running are recommended every _____.
(a) 800 yards **(b) 220 yards ✓**
(c) 100 yards (d) 50 yards



24. Three judges submitting "_____ cards" for violations results in disqualification of the competitor.
(a) Red ✓ (b) green
(c) blue (d) orange

25. What are the 5 events in the modern pentathlon?
(a) running, swimming,
(b) running, jumping, shot put, javelin,
(c) none
(d) fencing, shooting and horseback riding.

26. An athlete participating in a pentathlon.
(a) athlete (b) pethelete
(c) player (d) none

27. Combined event are competitions in which athletes participate in several track and field events.
(a) field event (b) combined events
(c) track event (d) none

28. A anent which is a contest featuring five events. The name is derived from Greek: combining the words pente (five) and -athlon (competition).
(a) Depthaloan (b) Hepthalon
(c) Penthalon (d) none

29. An athletic contest involving participation by each contestant in five different events especially.
(a) Olympic (b) Modren Penthalon
(c) Championship

30. What is the number one rule of etiquette for anyone around a track and field event?
(a) cheer loudly for every event
(b) don't interfere with competitors have fun
(c) do not question an official's decisions

●●★★★●●

Volley Ball (Skills)

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

(a) Service:

A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court. The main objective is to make it land inside the court;

In contemporary volleyball, many types of serves are employed:

Underhand: a serve in which the player strikes the ball below the waist instead of tossing it up and striking it with an overhand throwing motion. Underhand serves are considered very easy to receive and are rarely employed in high-level competitions.

Sky ball serve: a specific type of underhand serve occasionally used in beach volleyball, where the ball is hit so high it comes down almost in a straight line.

Topspin: an overhand serve where the player tosses the ball high and hits it with a wrist snap, giving it topspin which causes it to drop faster than it would otherwise and helps maintain a straight flight path.

Float: an overhand serve where the ball is hit with no spin so that its path becomes unpredictable, akin to a knuckleball in baseball.

Jump serve: an overhand serve where the ball is first tossed high in the air, then the player makes a timed approach and jumps to make contact with the ball, hitting it with much pace and topspin.

Jump float: an overhand serve where the ball is tossed high enough that the player may jump before hitting it similarly to a standing float serve. The ball is tossed lower than a topspin jump serve, but contact is still made while in the air.

(b) Digging/Reception

Player going for a dig

Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping: overhand dig and bump are also used to distinguish

between defensive actions taken with fingertips or with joined arms. It varies from passing however in that is it a much more reflex based skill, especially at the higher levels. It is especially important while digging for players to stay on their toes; several players choose to employ a split step to make sure they're ready to move in any direction.

(c) Boosting/Setting

The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

(d) Smashing/ Attack

The attack, also known as the spike, is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally, the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above their head and slightly forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A 'bounce' is a slang term for a very hard/loud spike that follows an almost straight trajectory steeply downward into the opponent's court and bounces very high into the air. A "kill" is the slang term for an attack that is not returned by the other team thus resulting in a point.

(e) Blocking

Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.

A block that is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area. It requires anticipating the direction the ball will go

once the attack takes place. It may also require calculating the best footwork to executing the "perfect" block.

The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the plane of the net. Palms are held deflected downward roughly 45–60 degrees toward the interior of the opponents' court. A "roof" is a spectacular offensive block that redirects the power and speed of the attack straight down to the attacker's floor as if the attacker hit the ball into the underside of a peaked house roof.

(f) Court Defense:

The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey color from their teammates and cannot block or attack the ball when it is entirely above net height. When the ball is not in play, the libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the libero may be replaced only by the player whom he or she replaced.

The modern-day libero often takes on the role of a second setter. When the setter digs the ball, the libero is typically responsible for the second ball and sets to the front row attacker. The libero may function as a setter only under certain restrictions. To make an overhand set, the libero must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.

Volley Ball (Coaching)

(a) Fitness

Strength and Power

Volleyball is a sport dominated by strength and power. Players need power in their legs to get high in the air and strength in their upper body to spike, block, and dig balls. Lifting weights stimulates muscle fibers to grow, which allows athletes to produce more force at faster rates.

(b) Coordination:

It's widely known that hand-eye coordination is crucial for success in the sport of volleyball. It's important to keep in mind that hand-eye coordination plays a key role in digging and spiking the ball. On the other hand, doing exercises for better hand-eye coordination also improves body balance.

There are the 5 main movements in volleyball. The following are described:

serving, passing (forearm underhand passing),
setting (overhead passing),
attack options (hitting/spiking),
blocking (from attack and defend positions),
defensive skills (rolling & sliding).

(c) Skill Work :

Solo Drills: To Improve Your Volleyball Skills

Serve: Stand 20-30 feet away from the wall and serve above the line. ...

Forearm/Overhead Pass/Dig: As the ball bounces off the wall, play it up to yourself, pass it to the wall and repeat. ...

Set. ...

Spike. ...

(d) Footwork:

A volleyball player must be able to start moving quickly in any direction on the court anytime. That means that an athlete's leg muscles must be well prepared to react to the opponent's actions and the ball. ... That means that the better footwork is – the faster an athlete is.

The better your footwork, the better you will be at getting in position. Therefore, if you are comfortable moving your feet, it will be easier to get in position and spike. You want to master footwork patterns. These patterns are basically your strategies for getting in position to make the play.

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Volleyball (Officiating)

Volleyball is a game played between two teams of six players, separated by a net. Each team attempts to score points by pushing a ball over the net and landing it in the opposing team's court.

(a) 1. Umpiring

An umpire refers to sports officials who apply their services in various kinds of sports competitions, whereas a referee is the person who ensures that all the rules and regulations of the game are correctly followed while the game is in progress. The decisions of the umpire are often called forth to make a call for judgment on whether the rules are being maintained.

1.1 Refereeing Information

There are three main officiating roles that need to be undertaken for each match.

1.1.1 First Referee

The 1st referee, also known as the top referee, is responsible for seeing the match run to completion, this is done by ruling on each point throughout the match. The 1st referee is also responsible for working with the 2nd referee and score bench to ensure the game runs smoothly.

1.1.2 Second Referee

The main role of the 2nd referee is ensuring that teams maintain proper rotation on the court and stay clear of the net. The 2nd referee is also responsible for looking after team substitutions and time-outs throughout the game.

1.1.3 Scorer

The primary scorer is responsible for ensuring that an accurate score for the game is maintained using the FIVB score sheet. This includes recording side-outs, time-outs and substitutions throughout the match, results at the end of the match and all required signatures.

(b) 2. Line Judging

Line judges are to assist the referee make calls for balls landing on or near the sideline and end line closest to them.

The number of line judges around a court varies dependent on the level of the tournament. Volleyball is generally officiated by two referees and two-line judges.

2.1 Line Judge Positioning

Each line judge stands at the intersection of end line and sideline. (No more than 1 foot from the corner in each direction) The first line judge stands to the right of the referee on the same side of the court and the other line judge stands cattycorner to the first line judge. Line judges hold these same positions throughout the match and do not alternate sides along with their team.

(c) 3. Marking/Lines in Volleyball

A regulation indoor volleyball court is 18 meters long by 9 meters wide, with a net traversing the centre line. The ball must be hit over a net placed approximately 7.5 feet above the ground for girls and 8 feet above the ground for boys. The poles sticking up from each side of the net signify the court sidelines and are called antennae. Any ball contacting or hit outside the antennae is considered out of bounds. Any player who crosses the centre line with any part of his or her body is called for a "fault" penalty.

3.1 Attack Lines

Three meters from the net on either side of the centre line are the attack lines, which separate the frontcourt from the backcourt.

3.2 3-Meter Line

Players in the back row may only jump from behind this line--they may land on the other side of the line, as long as they begin their jump from behind the line. This is also referred to as the 3-meter line.

3.3 Front Court

The area between net and attack line where front-row players are positioned is referred to as the frontcourt.

3.4 Back Court

The backcourt is the area between the attack line and the end line where the players in the back row stand.

3.5 Service Area

The service area is the space beyond either end line where a player stands while serving.

(d) 4. Scoring

Volleyball scoring works as athletes continuously attempt to earn points by putting the ball over the net in a way that your opponent can't return. Scoring is determined on a points-based system.

4.1 Side Out Scoring

Side out scoring is a method of scoring in volleyball where only the serving team can earn a point by winning a rally.

With this method, the receiving team is looking for the opportunity to win the serve in order to begin winning points for their team. If a team loses their serve, they must win a rally to get the ball back and start collecting points again. When this happens, it is called a "side-out" and no team receives a point. Essentially, the serving team is always playing to win the point while the receiving team is rallying to win the serve.

4.2 Rally Scoring

Rally scoring is a type of scoring in volleyball where a point is awarded to one of the teams after each rally regardless of who is serving.

Unlike side out scoring, teams do not need to be serving in order to score points. If a team wins a rally, they will receive both the point and the serve regardless of whether or not they were serving during the previous play. Any stoppage of play during a game will result in a point for one team.

Below are some of the ways the point ends in volleyball:

- If the ball hits the floor the point is over.
- The ball goes out of bounds as defined by the boundary lines on the court.
- If the ball is hit into the net without going over to the other side.
- A service fault is made.
- A player touches the net while making contact with the ball.
- The same player cannot hit the ball twice in a row.
- The ball cannot be hit more than three times on a team's side.
- A point is awarded if any sort of penalty violation occurs during the rally.

Basketball (Coaching)

Fitness:

Fitness is a very important component of success in basketball. Of course you generally need to be tall and have good skills, but you also need the right physical fitness attributes. Players require excellent strength and power, running speed, balance and agility, as well as a good level of aerobic endurance fitness.

Playing basketball requires **agility, strength, and stamina.** You must quickly move and change directions using high-intensity, short-duration muscle contractions. You'll also need muscular endurance, which is the ability of muscles to repeatedly apply force for an extended period.

Coordination:

Hand-eye coordination refers to the control required to match the movement of your hands with what your eyes see. A good grasp of this is important if one wants to guide one's hands with accuracy. Here are some of the aspects of basketball that help to improve on this.

1. Passing
2. Shooting
3. Catching and hand eye coordination
3. Dribbling

Skill work:

These are the core skills every basketball player should be working on consistently.

- Dribbling. Red Bull Reign 2019 India Finals. ...
- Shooting. Red Bull Reign 2019 India Finals. ...
- Passing. ...
- Rebounding. ....
- Defending. ...
- Foot Movement. ...
- Jumping.
-

Foot Work:

Proper footwork is **the foundation of the game of basketball.** ... Proper footwork helps enhance any player's ability to play offense, defense, rebound or any other part of the game of

basketball. Hopefully, coaches and players do not forget to focus on footwork during practices.

Basketball (officiating)

Umpiring:

Each basketball game has two or three officials. In every officiating crew, there is one head referee (sometimes called the crew chief). The remaining officials are called umpires, though you may often hear them simply referred to as officials.

Line Judging:

(a) Line judges shall stand near the intersection of the left sideline with the end line, and move so they have a clear view of both the end line and the sideline.

(b) Line judges shall hold the same positions relative to the court throughout the match.

Marking:

The playing area of a basketball court in the is 91.8ft (28m) in length and 49.2ft (15m) wide. Indoor courts should be 22.96ft (7m) in height.

Scoring:

- In a game of basketball there are three clear ways to score points.
- If a shot is successfully scored from outside of the three-point line, three points are awarded.
- If a shot is successfully scored from inside of the three-point line, two points are awarded.
- If a team is awarded a technical foul then they will receive between one and three free shots. Each shot scored will be awarded with one point.

Volleyball

Short Questions

Write Down the Answers to these Shorts Questions.

Q.1 What is a libero?

Ans. A libero is a player who wears a different color jersey so the rest of the team so they can be identified. They go in back row for one of the players, and they don't count as a substitution.

Q.2. If the server steps on the end line while serving, this is considered a what?

Ans. The Line referees are normally the ones who watch for this call. At any time the server steps on the line while the ball is being served, is an automatically a side out.

Q.3. In what country was volleyball invented?

Ans. Volleyball was invented in the United States by William Morgan, an instructor at the YMCA in Holyoke, Mass. He invented the game by combining basketball, baseball, tennis, and handball

Q.4. If a referee ends the play and holds up two fingers, what is he calling?

Ans. Some referees use the spin of the ball as a guide to call this

Q.5. In volleyball, how many positions are there on a court in a 6-2 rotation?

Q.6. How many substitutions are allowed in each game for each team?

Ans. In each game and not match, a team is allowed 12 substitutions. This is so because too many substitutions is an advantage, and would defeat the purpose of the game. Now remember, libero does not count as a sub

Q.7. How many total players are all on the court at a time

Ans. There are six players on a team and two teams play at a time.

Q.8. Which player should touch the ball every time your team has the ball?

Ans. The setter delivers the ball to your team's hitters. He or she should touch the ball every time it's on your side. Although

you would like your hitters to hit the ball, the setter will sometimes attack the ball themselves.

Q. 9. What is another name for the left side front row position?

Ans. Outside Hitter

Q. 10. If your coach tells your to serve area three, what position are you serving?

Ans. Middle back is 6; middle front is 3

Q. 11. What is it called when the ball is hit (spiked) over and is, hitting the ground, on the other team's side?

Ans. Kill

These are sometimes interfered by blocks by the other team

Q. 12. When the outside hitter hits the ball cross court near the ten foot line, the ball has traveled to which position?

Ans. Left back

The courts are set up so that the outside hitter is opposite the opponents left side players.

Volleyball

Multiple Choice Questions

Choose the Correct Answers.

1. How many people on each team are in the court?
   (a) 6 ✓ (b) 10 (c) 5
2. What was the original name of volleyball?
   (a) Lacrosse (b) Volley Ball (c) **Mintonette** ✓
3. When was volleyball created?
   (a) 2004 (b) 1912 **(c) 1895** ✓
4. Who created volleyball?
   (a) John A. Belstrad
   (b) William G. Morgan ✓
   (c) Elijah C. Campwood
5. How is the serving team chosen?
   (a) A coin toss ✓ **(b) Referee's choice**
   (c) First team to catch the volleyball
6. What are points called in volleyball?
   A. Goals (b) **Points** ✓ **(c) Scores**

If you score a point doing a spike, what is it called?
(a) **Kill** ✓ (b) Down (c) Hit

What is the number of times a team can hit a ball without passing it over the net?
(a) 1 (b) 4 **(c) 3** ✓

What is the player who specializes in defense called?
(a) **Libero** ✓ (b) Freestyle (c) Blocker

10. When the ball hits the floor on one side of the net, it counts as a point for the other team. What type of scoring is this called?
(a) **Point** ✓ (b) Rall (c) Field

11. How many sets are in a volleyball game?
(a) **5** ✓ (b) 3 (c) 10

Basketball
Short Questions

Write Down the Answers to these Shorts Questions.

Q. 1. **What are the duties of a basketball coach?**

Ans. Basketball coach responsibility is to assist the players with their practice sessions, motivate the students and instruct the students in game tactics and techniques.

Q. 2. What **is the best advice for a youth basketball coach?**

Ans. Best Overall Advice for Youth Basketball Coaches. Pivot on their left and right foot without traveling.

Q. 3. **What are the biggest challenges that basketball coaches face?**

Ans. One of the biggest challenges that coaches face is motivating players consistently. Combine that with the fact that player motivation has a dramatic impact on your success, and you can see how important motivation is as a basketball coach.

Q. 4. **Is being a basketball coach a good job?**

Ans. As a basketball coach, you have one of the most important and exciting jobs in the world! Think about it. Teachers would love to get the enthusiasm that you get from your players. Most kids are there because they want to be and because they have a passion for the sport.

Q. 5. How do you score 4 points in a basketball game?

Ans. The most common way to score four points in one play is to make a three point basket while being fouled and then making the following free throw.

Q. 6. How many points do you get if you make a basket?

Ans. The correct answer is 2 because here, we are talking about the opposition team. If you're outside of your baskets semi-circle, then the team would get 2 points if the basket is made.

Q. 7. How to score a layup in basketball?

Ans. If you're on the right flank, dribble the ball with your right hand. At the three-point line, or within two metres from the basket, take two giant strides towards the hoop and attempt to score by throwing the ball at the top corner of the backboard or lay the ball gently into the basket

Q. 8. What are the basic rules of basketball?

Ans. Original Rules of Basketball

1. The ball may be thrown in any direction with one or both hands. 2. The ball may be batted in any direction with one or both hands (never with the fist).

3. A player cannot run with the ball.

Q. 9. What is double dribbling an infraction in basketball?

Ans. Double dribbling is an infraction in basketball

Q. 10. What is the hardest shot to make in basketball?

Ans. A three-point shot is the hardest shot to make in basketball

Q. 11. What is proper footwork in basketball?

Ans. Proper footwork is the foundation of the game of basketball. Building a skill-set of solid footwork techniques can ensure the proper development of 12-year-old youth players and high school players.

Q. 12. How does footwork impact the game?

Ans. Footwork in basketball is the movements a player executes with their feet. Footwork affects the way players move around the court, the way they shoot, the way they get open, and most importantly if those moves are successful.

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Q 13. Can a pivot foot be changed in basketball?

Ans. A player can actually spin all the way around on their pivot foot (360 degrees) in either direction. Once a pivot foot is established you cannot change that pivot foot.

Q 14. What size do basketball court markings need to be?

Ans. Basketball court markings Regulation line markings must be 50mm width in a contrasting colour to the playing surface

Q 15. What are the regulations for line markings on the court?

Ans. Regulation line markings must be 50mm width in a contrasting colour to the playing surface. The outer edge of the court is denoted by the sidelines, which run the length of the court.

Basketball
Multiple Choice Questions

Choose the Correct Answers.

1. What is an alley-oop?
   (a) The ball-handler throws the basketball near the basket to their teammate who dunks it in. ✓
   (b) The ball-handler rolls around their teammate to protect the ball from the enemy.
   (c) The ball-handler throws the ball from the half-court.
2. What is the highest governing body of basketball?
   (a) EuroLeague (b) NBA **(c) FIBA** ✓
3. When was basketball made?
   (a) 1737 (b) 1974 **(c) 1891** ✓
4. Who made basketball?
   (a) James Naismith ✓ (b) William Morgan
   (c) Jim Thorpe
5. There are ____ total players on the basketball at one time.
   (a) 5 players **(b) 10 players** ✓ (c) 15 players
6. A free throw is wort-----
   (a) 1 point ✓ (b) 2 points (c) 3 points

7. When would a player be awarded a free throw?
(a) When they make a shot from the half-court.
(b) When they are fouled while shooting. ✓
(c) When they perform an assist.

8. After a player commits an FFP2...
(a) their team is disqualified.
(b) the other team is given 20 points.
(c) they are ejected from the game. ✓

9. ___ picking is a strategy that involves a player waiting around for scoring opportunities rather than defends.
(a) Apple (b) Orange **(c) Cherry** ✓

10. What does BEEF mean?
(a) Balance, Eyes, Elbow, Follow Through ✓
(b) Basketball, Elbow, Endline, Free-Throw
(c) Box and One, Euro Step, Elevator Screen, Field Goal

11. The main responsibility of the "center" player is to...
(a) make baskets
(b) steal the ball and block attacks
(c) secure rebounds and defend the paint ✓

12. What is one way to legally make a steal?
(a) Deflect a pass ✓
(b) Yank the ball from the ball-handler
(c) Trip the ball-handler

13. Kicking a basketball is what kind of foul?
(a) Personal foul (b) Flagrant foul
(c) Technical foul ✓

14. Physical contact between two players is what kind of foul?
(a) Personal foul ✓ (b) Flagrant foul
(c) Technical foul

15. What is a technical foul?
(a) A foul that comes from significant physical contact
(b) A foul unrelated to physical contact. ✓
(c) A foul that occurs when neither team is in clear possession of the ball

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